

Habitual Constipation

May be permanently overcome by proper personal efforts with the assistance of the one truly beneficial laxative remedy, Syrup of Figs and Elixir of Senna, which enables one to form regular habits daily so that assistance to nature may be gradually dispensed with when no longer needed as the best of remedies, when required, are to assist nature and not to supplant the natural functions, which must depend ultimately upon proper nourishment, proper efforts and right living generally. To get its beneficial effects, always buy the genuine

Syrup of Figs and Elixir of Senna
CALIFORNIA
FIG SYRUP CO. ONLY
SOLD BY ALL LEADING DRUGGISTS
one size only, regular price 50¢ per bottle

PATENTS Patent your ideas, Register your Trade-Marks, Copyright your Books, Writings, Pictures, etc. New act as to Bounties for Soldiers and their relatives, who served in the civil war, 1861-65. Have secured over \$2,000,000 for them. For blanks and instructions, address, W. H. Wells, Attorney-at-Law, (Notary Public), Will Building, 312 Ind. Ave., Washington, D. C. Over 20 years' practice.

WANTED: Resident and traveling sales agents for one of the oldest and most profitable commission salaried positions in America. Liberal commission—salary if preferred. Experience unnecessary. THE FAIRMOUNT NURSERY, Troy, O.

ADVERTISE IN THIS PAPER IT WILL PAY YOU

Thompson's Eye Water

Damascus Vital Statistics.
The French government, wishing to obtain some vital statistics in regard to certain Turkish provinces, sent the usual blanks to the provincial governors with the request that they be answered. The following is a copy of the reply received from the Pasha of Damascus:
Q. What is the death rate in your province?
A. It is the law of Allah that all should die; some die young and some die old.
Q. What is the annual number of births?
A. God alone can say; I do not know and hesitate to inquire.
Q. Are the supplies of water sufficient and of good quality?
A. From the remotest period no one in Damascus has died of thirst.
Q. Give general remarks as to the character of local sanitation.
A. A man should not bother himself or his brothers with questions that concern only God.—Toronto Globe.

How Machinery Multiplies Power.
The forthcoming report of the United States Commissioner of Labor will afford some interesting information on this topic. Aided by machinery, 4,500,000 men turn out a product which would require the labor of nearly 40,000,000 men if produced by hand. In America the advantage derived from machinery is about twice as great as Europe, so that the actual population of the United States is equal in productive power to 150,000,000 Europeans. With labor-saving machinery, one generation of men can do the work of four or five generations of hand workers.

Carries Its Own Light.
One of the most curious of all known phosphorescent larvae is found in British Guiana, near the Brazilian border, where it is known to the natives by the name macadoub. It is believed to be the larvae of some beetle. A specimen was recently carried to England by C. W. Anderson and exhibited, dead, at a meeting of the Linnean Society. When living the creature shows a ruby light in its head and a double row of phosphorescent spots along the body, two on each segment. The lights are not intermittent, but glow continuously.—Indianapolis News.

LOST \$300
Buying Medicine when Right Food was Needed.

Money spent for "tonics" and "bracers" to relieve indigestion, while the poor old stomach is loaded with pastry and pork, is worse than losing a pocketbook containing the money.

If the money only is lost it's bad enough, but with lost health from wrong eating, it is hard to make the money back.

A Michigan young lady lost money on drugs but is thankful she found a way to get back her health by proper food. She writes:

"I had been a victim of nervous dyspepsia for six years and spent three hundred dollars for treatment in the attempt to get well. None of it did me any good.

"Finally I tried Grape-Nuts food, and the results were such that, if it cost a dollar a package, I would not be without it. My trouble had been caused by eating rich food such as pastry and pork.

"The most wonderful thing that ever happened to me, I am sure, was the change in my condition after I began to eat Grape-Nuts. I began to improve at once and the first week gained four pounds.

"I feel that I cannot express myself in terms that are worthy of the benefit Grape-Nuts has brought to me, and you are perfectly free to publish this letter if it will send some poor sufferer relief, such as has come to me."

Name given by Postum Co., Battle Creek, Mich. Read, "The Road to Wellville," in pkgs. "There's a Reason."

SPRING KIDNEY TROUBLE.

Vividly Described by One Who Has Suffered From It.

Mrs. H. Muzabaugh, of Duncannon, Pa., says: "I was sick and miserable all last Spring, and as I did not know what was the matter, I kept going down and down until I was a physical wreck. I had smothering spells, flashes of heat over the kidneys, and pain in passing the kidney secretions, which contained sediment. My husband urged me to try Doan's Kidney Pills, and at last I did so. They did me much good, and I used in all eight boxes, which restored me to perfect health." Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Balanced To A Penny.
A remarkable condition arose in the Muskogee, Okla., clearing house the other day. When the members of the association met at 11 o'clock to make their bank clearings, it was found that there was \$40,000 in checks in the day's business, and that when settlement was made the accounts of each bank against all other banks balanced to a penny. No bank had to pay a cent to any other bank. The clearing house clerks were amazed. Such a thing does not occur once in a lifetime.—Kansas City Journal.

BORAX, NATURE'S DISINFECTANT, CLEANSER AND PURIFIER.

Everybody realizes the necessity of some method of purification of sinks, drains and utensils in which may lurk the germ of a dreaded disease. Health is a question of cleanliness and prevention.

Most people are familiar with the use of disinfectants in their ordinary sense—all of which are unpleasantly associated with disagreeable odors, on which are depended to kill the contagion (which disinfectants must of necessity be of a more or less dangerous character) and must be used for this purpose and for no other, and in consequence kept from children and careless handling.

There is, however, within the reach of all our readers a simple, safe and economical article that will not only answer for every disinfecting purpose—but can also be used for a multitude of domestic cleansing and purifying purposes—Borax.
Borax is a pure, white harmless powder coming direct from Nature's laboratory; in fact Borax has often been called "Nature's Cleanser and Disinfectant."

Two tablespoonsful of Borax in a pailful of hot water poured down the grease-choked pipes of a sink, or flushed through a disease-laden drain, cleanses and purifies it, leaving it clean and sweet.

Bed clothing and clothes used in a sick room can be made hygienically clean and snowy-white, if washed in a hot solution of Borax water.

Kitchen and eating utensils, used during illness will be kept from all possibility of contagion if Borax is used when washing them. Pure as snow and harmless as salt, and because it can be used for almost every domestic and medical purpose, Borax must be considered the one great household necessity.

The 19 women in the Finnish Parliament have already presented 26 bills relating to the reform of the marriage laws, the legal position of illegitimate children, protection of minors, public education, the liquor question, etc.

Deafness Cannot Be Cured
Unless applied as they are not such the disease is permanent of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or impaired hearing, and when it is entirely closed deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever. Nine cases out of ten are caused by catarrh, which is nothing but an inflamed condition of the mucous surfaces. We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars free. F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Take Hall's Family Pills for constipation.

The four-year-old daughter of John Hudson, of Springfield, O., was choking to death from diphtheria when Dr. L. L. Lyman slit the windpipe rapidly with a pocketknife and inserted a tube, saving the child's life.

WAS DELIRIOUS WITH ECZEMA.

Pain, Heat and Tingling Were Excruciating—Cuticura Acted Like Magic.

"An eruption broke out on my daughter's chest. I took her to a doctor, and he pronounced it to be eczema of a very bad form. He treated her, but the disease spread to her back, and then the whole of her head was affected, and all her hair had to be cut off. The pain she suffered was excruciating, and with that and the heat and tingling her life was almost unbearable. Occasionally she was delirious and she did not have a proper hour's sleep for many nights. The second doctor we tried afforded her just a little relief as the first. Then I purchased Cuticura Soap, Ointment, and Pills, and before the Ointment was three-quarters finished every trace of the disease was gone. It really seemed like magic. Mrs. T. W. Hyde, Brentwood, Essex, England, Mar. 8, 1907."

Crooked Age.

"You don't seem anxious to race the tortoise," remarked the friendly fox.

"Well, I should say not!" replied the hare. "In these scheming days he might hire an automobile when my back was turned and win the race."—Chicago News.

MACHINE-GROUND PAINT.

Occasionally one hears the "hand-mixed" paint of the painter slightly spoken of as "unscientific" and "not thoroughly mixed." The facts are all on the side of the painter and his hand-prepared paint.

It is the most "scientific" paint there is, because it is made on the spot to suit the particular purpose for which it is to be used. It is as scientific as a good doctor's prescription. If the painter did not mix it thus it would be as unscientific as a patent medicine. Moreover, the paint which a good painter turns out is made of genuine white lead and pure linseed oil. If he does not mix it himself he is not sure what is in it and consequently his client cannot be sure.

As for not being thoroughly mixed by machinery, that is simply a misstatement. White Lead as made by National Lead Company is thoroughly incorporated with 7 or 8 per cent. of pure linseed oil in the factory, making a paste. This paste need only be thinned with additional linseed oil to make it ready for the brush.

The thorough incorporation of pigment and oil has already been accomplished before the painter gets it. To know how to tell pure white lead is a great advantage to both painter and house-owner. National Lead Company will send a tester free to anyone interested. Address the company at Woodbridge Building, New York, N. Y.

Much of the tobacco grown in Eastern Bengal is marketed in Calcutta, whence it is shipped to Burma, where it is manufactured into cheroots.

Garfield Tea, the herb medicine, insures a healthy action of liver, kidneys, stomach and bowels. Take it for constipation and sick-headache. Write Tea Co., Brooklyn, N. Y., for free samples.

The politeness of some men causes them to be looked upon with suspicion.



This woman says she was saved from an operation by Lydia E. Pinkham's Vegetable Compound.

Lena V. Henry, of Norristown, Ga., writes to Mrs. Pinkham: "I suffered untold misery from female troubles. My doctor said an operation was the only chance I had, and I dreaded it almost as much as death. "One day I read how other women had been cured by Lydia E. Pinkham's Vegetable Compound, and I decided to try it. Before I had taken the first bottle I was better, and now I am entirely cured." "Every woman suffering with any female trouble should take Lydia E. Pinkham's Vegetable Compound."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness or nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address Lynn, Mass.

The Doctor And His Reward.

In the same issue of an Eastern newspaper appear two items concerning the medical profession. One is about a bold and resourceful surgeon who sewed up a knife wound in a dying man's heart; the other cites the fact that, as doctors are short-lived, they are extrahazardous insurance risks. Here is both the service in the cause of humanity and the sacrifice, the labor and the reward. The doctors are so near to us, play so intimate a part in our living, that, as if by their very closeness, we are blind to the extraordinary exertions they have made for the general comfort and happiness.

But for the doctor the Southern cities would still be suffering those wild panics of other days when yellow fever entered port. He has caused swamps to be drained, sewers to be laid, streets to be swept and flushed and hospitals to be built. The Panama Canal Zone, which under the French regime, was a highway of death, now is more healthful than many a Northern community with the same number of inhabitants. To know a medical practitioner is to know one superior to the average educated man. Few professions develop such character. The occupation of healing, of beholding men and women and children at their worst, irritable, unreasonably and often cowardly, has not, fortunately, caused his own degeneration. His capacity for thoughtfulness is trained to keenness, his selfishness, where there is any, is shrewdly hidden, and the human instinct for enjoyment is not the less in him because of his knowledge of its reactions.—Cleveland Leader.

Was Bound To Win.

Edward McIntyre, a Minnesota young man, has set an example of combined patience, endurance, and foxiness that it would be hard to match. An abandoned homesteader near Estevan, Saskatchewan, was thrown open to entry, and animated was the scramble therefor. McIntyre took pains to be the last inquirer at the land office on the day previous to that set for the filing. Then he stationed himself on a chair in the corridor, with his hand on the knob of the land office door. And there he stayed till the office opened in the morning, a vigil of seventeen hours. Many others had gathered from all directions to get a chance at the homestead, but McIntyre was the winner. Whenever Western Canadians want to be shown a trick or two, let them apply to Gopher genius.—St. Paul Dispatch.

Many Old People Suffer From Bronchial Affections, particularly at this time of year. Brown's Bronchial Troches give immediate relief.

The Colombian government declares it to be its intention to establish agricultural penal colonies for its prisoners now confined in the national penitentiaries.

FITS, St. Vitus' Dance, Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. 23 trial bottle and treatise free. Dr. H. R. Kline, L.D., 361 Arch St., Phila., Pa.

The Society for the Protection of Children in England against the cruelty of parents and others receives now 40,000 complaints a year.

Ladies Can Wear Shoes One size smaller after using Allen's Foot-Ease, a powder. It makes tight or new shoes easy. Cures swollen, hot, sweating, aching feet, ingrowing nails, corns and bunions. At all druggists and shoe stores, 25c. Don't accept any substitute. Trial package FREE by mail. Address Allen S. Olmsted, LeRoy, N. Y.

Isn't it funny how funny some comedians think people think they are?

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

It is all that some men can do to keep from being done.

Itch cured in 30 minutes by Woodford's Sanitary Lotion. Never fails. At druggists.

Cleave to the good and use the cleaver on the bad.

NO ONE CAN ALWAYS AVOID

Catching Cold on the Street Car



Per-na Pre-vents Catching Cold. One Dose in Time, Saves Nine.

Many people persist in riding on the street cars, insufficiently protected by clothing. They start out perhaps in the heat of the day and do not feel the need of wraps.

The rapid moving of the car cools the body unduly. When they board the car perhaps they are slightly perspiring. When the body is in this condition it is easily chilled. This is especially true when a person is sitting.

Beginning a street car ride in the middle of the day and ending it in the evening almost invariably requires extra wraps, but people do not observe these precautions, hence they catch cold.

Colds are very frequent in the Spring on this account, and as the Summer advances, they do not decrease. During the Spring months, no one should think of riding on the car without being provided with a wrap.

A cold caught in the Spring is liable to last through the entire Summer. Great caution should be observed at this season against exposure to cold. During the first few pleasant days of Spring, the liability of catching cold is great.

No wonder so many people acquire muscular rheumatism and catarrhal diseases during this season.

However, in spite of the greatest precautions, colds will be caught.

At the appearance of the first symptom, Peruna should be taken according to directions on the bottle, and continued until every symptom disappears.

Do not put it off. Do not waste time by taking other remedies. Begin at once to take Peruna and continue it until you are positive that the cold has entirely disappeared. This may save you a long and perhaps serious illness later on.

Bad Effects From Cold.

Mr. M. J. Deutch, Secretary Building Material Trades Council, 151 Washington St., Chicago, Ill., writes:

"I have found your medicine to be unusually efficacious in getting rid of bad effects from cold, and more especially in driving away all symptoms of catarrh, with which I am frequently troubled."

"The relief Peruna gives in catarrhal troubles alone is well worth the price per bottle. I have used the remedy for several years now."

Spells of Coughing.

Mrs. C. E. Long, writes from Atwood, Colorado, as follows:

"When I wrote you, for advice my little three-year-old girl had a cough that had been troubling her for four months. She took cold easily, and would wheeze

German Good Sense.

This country could hardly be expected to Germanize its legal procedure, or, for that matter, make it conform to that of any other country. But it could embody with beneficial results the principles of the German system in dealing with petty disputes. It is perfectly proper that cases involving large amounts or important questions should be gone into with care and due expense. But the extortionate rate which Americans pay for justice in small things is proverbial. The Germans deal with these things in an eminently sensible way.

An American tourist who inquired why there were only four lawyers in a town of 14,000 people in Germany, was told that the civil cases had been reduced to a minimum because every such case had to be tried by three conciliators appointed by the mayor of the city before it found its way into the courts. If the judgment of the conciliators is not accepted the case then goes into court, but the loser has to pay all the costs, including attorneys' fees, so that the judgment of the conciliators is usually accepted. The conciliators receive no salary, but they consider their appointment a high honor. Only in slender cases are they permitted to impose a fine, which is payable to the district insane asylum. The guilty party is required to sign a declaration of regret and publish it in the official organ of the district.

—Kansas City Journal.

THE DUTCH BOY PAINTER STANDS FOR PAINT QUALITY

IT IS FOUND ONLY ON PURE WHITE LEAD

MADE BY THE OLD DUTCH PROCESS

The reason the girl likes the kiss that surprises her best is because there is no such thing.

No horses are to be seen on the farms in Bolivia, bullocks or oxen being universally employed.

A Sprain or Strain must have immediate attention

Sloan's Liniment

is invaluable in an emergency of this kind. It quickly relieves the soreness and congestion, reduces the swelling and strengthens the weak muscles.

Because of its antiseptic and healing properties, Sloan's Liniment is the best remedy known for cuts, wounds, bruises, stings, burns and scalds.

PRICE 25¢ 50¢ & \$1.00.
Dr. Earl S. Sloan, Boston, Mass.

There is Only One

"Bromo Quinine"

That is

Laxative Bromo Quinine

USED THE WORLD OVER TO CURE A COLIC IN ONE DAY.

Always remember the full name. Look for this signature on every box. 25c.

W. L. DOUGLAS SHOES

\$3.00 SHOES \$3.50

SHOES AT ALL PRICES, FOR EVERY MEMBER OF THE FAMILY, MEN, BOYS, WOMEN, MISSES AND CHILDREN.

W. L. Douglas makes and sells more shoes in the world, because they hold their shape, fit longer, wear longer, and are of greater value than any other shoes in the world to-day.

W. L. Douglas \$4 and \$5 Gilt Edge Shoes Cannot Be Equaled At Any Price.

W. L. DOUGLAS, Brockton, Mass.