

**FREEDOM FROM COLDS & HEADACHES**  
**INDIGESTION & SOUR STOMACH**  
**BILIOUSNESS & CONSTIPATION**  
 and other ills, due to an inactive condition of the Liver, Stomach and Bowels, may be obtained most pleasantly and most promptly by using Syrup of Figs and Elixir of Senna. It is not a new and untried remedy, but is used by millions of well-informed families throughout the world to cleanse and sweeten and strengthen the system whenever a laxative remedy is needed.

When buying note the full name of the Company—California Fig Syrup Co.—printed on every package of the genuine.

Regular price 50¢ per bot. one size only. For sale by all leading druggists.

**THE ORIGINAL and GENUINE SYRUP OF FIGS and ELIXIR OF SENNA**  
 IS MANUFACTURED BY CALIFORNIA FIG SYRUP CO.

WOULDN'T ANY WOMAN?



Mollie—She's great on adopting new fads.  
 Jack—But she objects to new wrinkles.

**Nothing Doing but Talk.**  
 The following is told of a federal official, formerly a senator of the United States from Kentucky.

In the days of his youth the Kentuckian was asked by a friend to second him in a duel. He consented, and at sunrise the parties met at the appointed place.

Now it was this Kentuckian's duty to say the last words touching the terms of the duel. But, although he faithfully performed this duty, the duel never took place.

A murmur of "Why not?" invariably goes round whenever this story is told, whereupon the answer is as follows:

"For a very simple reason. When Joe finished speaking it was too dark for a duel."—Chicago Journal.

**A Matter of Repair.**  
 "I see," said Hicks, "that they have started a movement over in England to remodel the Ten Commandments."  
 "Remodel, eh?" retorted Dorkins.  
 "What a waste of time—all they need is restoration."—Harper's Weekly.

**The First Difficulty.**  
 "I can marry any girl I please."  
 "Yes, but you can't please any."

There are but few sure things in this old world. One of them is the uncertainty of a woman's age.

**LUCKY MISTAKE.**  
 Grocer Sent Pkg. of Postum and Opened the Eyes of the Family.

A lady writes from Brookline, Mass.: "A package of Postum was sent me one day by mistake.

"I notified the grocer, but finding that there was no coffee for breakfast next morning I prepared some of the Postum, following the directions very carefully.

"It was an immediate success in my family, and from that day we have used it constantly, parents and children, too—for my three rosy youngsters are allowed to drink it freely at breakfast and luncheon. They think it delicious, and I would have a mutiny on my hands should I omit the beloved beverage.

"My husband used to have a very delicate stomach while we were using coffee, but to our surprise his stomach has grown strong and entirely well since we quit coffee and have been on Postum.

"Noting the good effects in my family I wrote to my sister, who was a coffee toper, and after much persuasion got her to try Postum.

"She was prejudiced against it at first, but when she presently found that all the ailments that coffee gave her left and she got well quickly she became and remains a thorough and enthusiastic Postum convert.

"Her nerves, which had become shattered by the use of coffee have grown healthy again, and today she is a new woman, thanks to Postum." Name given by Postum Co., Battle Creek, Mich., and the "cause why" will be found in the great little book, "The Road to Wellville," which comes in pkgs.

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

**DESSERTS OF FRUIT**

HOW HOUSEWIFE CAN USE LEFT-OVER PRESERVES.

Two Recipes That Afford an Agreeable Change After the Family Has Become Heartily Sick of "Sauces."

Often at this time of the year the housewife has still a few jars of preserved fruit on hand. She and her family are heartily sick of "sauces." Try this plan of making two delicious desserts from one quart jar of peaches. Preserve strawberries, cherries, etc., are equally good to use. Separate the peaches from the juice.

Recipe No. 1—Rub the peaches to a pulp through a sieve. Add a half cupful of sugar if the fruit is not very sweet. Whip a pint of cream stiff. Mix well with the peach pulp and turn into two one-pound empty baking powder cans. Cover with oiled paper (the paper from cracker boxes is good to use) and press cover on tightly. Bury the cans in finely chopped ice and rock salt (equal portions) for two hours. This serves seven or eight people.

Don't think because you are not used to making the ice cream that you cannot make this dessert. It is very simple. For a frozen whipped cream dessert a freezer is not necessary. Any two quart kettle will hold the ice and salt. Personally I always use one of the kettles from my fireless cooker. I place several folds of newspaper directly inside the kettle to fill up space so that I won't need to use much ice and salt. When packed I put the kettle away in the fireless cooker until time to serve.

Recipe No. 2—You will have about two cupfuls of fruit sirup from your jar of peaches. Soak one and a half pounds powdered gelatin in a half cupful of cold sirup for five minutes. Bring the rest of the sirup to a boil, sweeten if necessary and pour over the gelatin, stirring it until dissolved. Set in cool place to harden.

The peach gelatin may be served with whipped cream. Or before the gelatin hardens, you may whip into it the stiffly beaten white of an egg and make a thin custard from the yolk to serve as a sauce around the gelatin.



**In the KITCHEN**

Never turn griddle cakes a second time, as it makes them heavy. Serve them the same side up as when taken from the griddle.

Potatoes that are peeled an hour before needed and allowed to stand in cold water till set on to cook will never turn dark after boiling.

If the left over breakfast cereal is carefully molded into a bowl or square pan that is first wet with cold water, it may be sliced and fried as an acceptable luncheon dish.

To test drinking water put one teaspoonful of granulated sugar in a pint of the water you want to test. Cork tightly, place on the kitchen mantel shelf. If pure the water will remain clear, if not it will cloud densely and ought to be analyzed.

When a cake of soap is worn nearly thin enough to break, stick it to the new cake by putting both in quite warm water, then press firmly together. When cold it will be one solid cake. This does away with small pieces of soap and there is no waste.

A bit of reliable coloring placed in the water in which a tub frock is washed will restore its color and may be used with safety if it is properly rinsed and dried. This applies only to such gowns as are not trimmed with white or other colored trimmings.

**Lemon Sponge.**  
 Put into a pint of cold water one-half ounce of leaf gelatin, the thinly pared rind of two lemons and one-half ounce of loaf sugar; set over the fire till the sugar is dissolved, then let simmer without cooking for ten minutes, or a little more; strain into a basin and add the juice of the lemons; leave it to cool and as it begins to set whisk in the whites of three eggs, previously whipped to a very stiff froth; whisk all together lightly till spongy, then turn on to a glass dish and serve or mold first and then unmold and serve.

**Pear Jam.**  
 Core out, but do not peel, some good, ripe pears, slice them, crush them well in a bowl and wring the pulp through very strong muslin. For every pound of this pulp add one-half pound of sugar, previously boiled to a thick syrup. Cook it very slowly on the stove until reduced to about two-thirds its original quantity. It should, when ready, be of the consistency of honey. Pour in jars, let cool and seal.

**Ox Tail & La Tartare.**  
 Three ox tails cut in pieces three inches long, to this add one quart of stock, a bouquet of sweet herbs, salt and pepper. Let the ox tails simmer two hours in this, then take up, drain and cool. When cold, dip in beaten egg, roll in fine cracker crumbs, then fry a golden color in hot lard. Pour tartare sauce on the middle of a cold dish, arrange ox tails on this and garnish with parsley.

**Convenient Oven.**  
 The new portable oven has an observation glass through which one may watch the baking process without opening the door. Another advantage of the oven is the dropping down of the door to form a shelf so that the removal of a hot pan is made easy.

**AN ECONOMICAL FRUIT CAKE**

Recipe That Provides Delicious Crust at Small Expense and Little Labor.

Take two large cups of evaporated apples and soak over night, pick and chop fine, put in pan and pour over them one large cup each of brown sugar and New Orleans molasses; place on the fire and simmer until all the syrup is cooked up. Stir constantly to keep from burning; set to cool.

Chop one pound each of raisins and currants; half a pound each of orange and lemon peels and citron; two cups of walnut meats (the black walnuts are best). Chop all fine and mix thoroughly with the apples. Sift in as you mix a cup of flour, to which add a teaspoon each of cinnamon, cloves, nutmeg, allspice and ginger. Take one cup dark brown sugar, half a cup of butter, yolks of two eggs; cream together. Add one small half cup of strong, clear coffee, one and a half cups of flour, beat all together and put in a saucepan.

Take another saucepan and put in it one cup grated chocolate, half a cup dark brown sugar, half a cup of milk, whites of two eggs. Beat together; place on fire and bring to boil. Then pour over the first part and bring all to boil; add teaspoon of baking powder and one of soda sifted in with a cupful of flour. Pour enough of this over your fruit to mix, not enough to make a soft mixture. Before adding the batter you can add a cup of brandy or wine to the fruit, or some of each. If you have more of the batter than you need to mix the fruit, bake it separately for plain cake. Place your fruit cake in pans lined with white paper and well greased and bake in a very slow oven for four hours.

**CARROTS IN VARIOUS STYLES**

Many Ways in Which This Healthful Vegetable Can Be Made Into Delicate Dishes.

The humble carrot has an especially good effect on the system at this time and despite its strong taste it may be made into the most delicate dishes. Winter carrots are slightly boiled in three different waters to remove this rankness, but the new spring sort is dainty enough to require one water only. Spring carrots, which begin to appear in March, are delicious when boiled plainly and served with maitre d'hotel—clarified butter sauce. A dust of finely chopped fresh parsley on top gives them a new piquancy to those who tire of the carrot taste. Carrots served with cream are first boiled in plain water and then drained and warmed anew in the sauce that has been preparing. To make this dilute a little of the boil water with two-thirds cream and thicken slightly with corn starch; season with black pepper and salt and add a teaspoonful of butter. Carrot fritters are made with the cold boiled vegetable mashed up and mixed with bread crumbs and egg; enough cream to make a thickish batter is used and the fritters are fried in boiling oil. Oyster plant and parsnips are also delicious when served in fritter form, the various ingredients used giving the vegetables a most delicate taste.

**Removing Smoke Stains.**  
 A housekeeper had the misfortune to have a fire and, while everything was not destroyed, the smoke penetrated into the drawers holding table and bed linens and the smoke stain seemed next to impossible to remove. She tried everything she could think of or that was suggested, and finally found that by soaking the white clothes over night in cold water and plenty of kerosene, then washing them in the usual manner and hanging them in the sun to dry, all traces of smoke stains had disappeared.

**Best Ever Cookies.**  
 Six eggs, two cups sugar, two cups flour, unsifted; half a pound butter, one large cup currants, one teaspoon lemon or vanilla. Cream sugar and butter; add yolks well beaten, flour, currants and add with the flour. Beat at least five minutes; add whites of eggs beaten stiff last; drop from spoon two inches apart on greased tins; bake five minutes in hot oven. If eggs are large a trifle more flour will be required.

**Lamb Cutlets.**  
 Cut and trim cutlets from the best part of a neck of lamb. Brush them with beaten egg and dip them in white bread crumbs, to which a little chopped parsley, herbs, finely chopped lemon peel and pepper and salt have been added. Repeat the egg and bread crumbing so that the cutlets are twice covered. Fry them in deep fat and serve them on a mound of green peas or asparagus cut as peas.

**Oatmeal Gruel.**  
 Put two tablespoons oatmeal in small pan, add a cup of sweet milk, set steam or boil it half an hour, then add small lump of butter, pinch of salt, sugar to taste and another cup of milk and boil again for a few minutes. Use either warm or cold. It is nice for sick people that need nourishment in the night.

**Commercial Weekly Review of Trade and Market Reports.**

**COMMERCIAL**  
 Weekly Review of Trade and Market Reports.

Bradstreet's says: "While trade sentiment is rather more cheerful, based upon the improvement in crop prospects caused by rainfalls in sections badly in need of moisture, actual business at wholesale has been and is still rather slow to expand. For this, conservatism as to the fall outlook, some price uncertainties, as in cotton goods, where sharp declines in raw material have brought about revisions in the goods markets; tariff uncertainties, and the desire to obtain a clearer view of crop out-turn, are all held contributory. Retail trade has largely been confined to clearance sales of summer goods, but the results here have not been uniformly satisfactory, owing to unfavorable weather conditions and the restricted buying power of many consumers. Perhaps the most uniformly favorable reports as to trade coming South, where bumper crop prospects stimulate a fair degree of confidence, and from points of the Southwest, where the passing of the season's long drought has improved sentiment. Collections range from slow to fair."

**Wholesale Markets**

**NEW YORK.**—Wheat—Spot firm; No. 2 red new, 90 1/2 elevator and 92 f o b afloat; No. 1 Northern Duluth, 109 f o b afloat.  
 Corn—September, 69 @ 69 1/2 c, closed 69 1/4; December closed 69 1/2.  
 Oats—Spot quiet; standard white, 48 1/2 c; No. 2, 49; No. 3, 48; No. 4, 47 1/2.

**PHILADELPHIA.**—Wheat firm; contract grade No. 2, red in export elevator, 87 @ 87 1/2 c.  
 Corn steady; No. 2 yellow for local trade, 72 @ 72 1/2 c.  
 Oats 1/2 c lower; No. 2 white natural, 51 @ 51 1/2 c.

**BALTIMORE.**—Wheat—No. 2 red Western, 88 1/2 c; contract, 87 1/2 c; No. 3 red, 85 1/2 c; steamer No. 2 red, 83 1/2 c; steamer No. 2 red Western, 84 1/2 c.

**PITTSBURG.**—Cattle steady; supply light. Choice, \$6.60 @ 6.80; prime, \$6.10 @ 6.35.

**KANSAS CITY.**—Cattle—Market strong and active; stockers and feeders weak; dressed beef and export steers, \$6.15 @ 6.55; fair to good, \$4.50 @ 6.10; Western steers, \$4.25 @ 6.15; stockers and feeds, \$3.35 @ 6.15; Southern steers, \$3.85 @ 5.65; Southern cows, \$2.75 @ 4.40; native cows, \$2.50 @ 5; native heifers, \$3.90 @ 6.60; bulls, \$2.75 @ 4.75; calves, \$4 @ 6.75.

**Wool.**—Market steady to 5c lower; bulk of sales, \$6.25 @ 6.60; heavy, \$6.50 @ 6.62 1/2; packers and butchers, \$6.30 @ 6.60.

**900 DROPS**  
**CASTORIA**  
 ALCOHOL—3 PER CENT  
 A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of  
**INFANTS & CHILDREN**  
 Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral NOT NARCOTIC  
 Recipe of Old Dr. SAMUEL PITCHEE  
 Pumpkin Seed -  
 Aloe -  
 Rochelle Salts -  
 Anise Seed -  
 Sassafras -  
 Bismuth Subsalicylate -  
 Worm Seed -  
 Clarified Sugar -  
 Wintergreen Flavor

A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac Simile Signature of  
*Chas. H. Fletcher*  
 THE CENTRAL COMPANY,  
 NEW YORK.  
 At 6 months old  
**35 Doses—35 CENTS**  
 Guaranteed under the Food and Drug Act.  
 Exact Copy of Wrapper.

**CASTORIA**  
 For Infants and Children.  
 The Kind You Have Always Bought Bears the Signature of  
*Chas. H. Fletcher*  
 In Use For Over Thirty Years  
**CASTORIA**  
 THE CENTRAL COMPANY, NEW YORK CITY.

**BLACKMAILING MUST BE ART**

Amateur Makes Mistake When He Seeks to Make Money in Such an Avocation.

Police Commissioner Waldo of New York was talking about blackmailers. "They are, as a rule, stupid," he said. "Their threatening letters are as ludicrous in their stupidity as a letter a friend of mine received the other day."

And Commissioner Waldo, with a laugh, produced the letter. Written in a large, boyish hand, it said:

"Dear sir—Your winder was broken by a bad bol wat throo it throo four thee pirpus. The ball belonged two mee, but an enemy of mine sneaked it and did the deed to put the blame on mee. I am sorry he did it, and that it have give you grate pain, and I have persecuted the perpetrator wot done it. But you would not have thee innocent suffer for the gilty, so, if you drop thee ball over the garden wall. If you don't beware!—(Signed) Innocent."

**North Carolina Gold Mines.**

About Charlotte, N. C., are many historic spots. The Mecklenburg Declaration of Independence, signed May 20, 1775, represents the crown jewel of this "Queen City." Nearby also was born James K. Polk, the eleventh president of the United States. The pioneer gold mines of the United States were located in this historic county. Eighty-three gold mines were recorded, and up to the time of the discovery of California gold Mecklenburg mines took the lead in gold production.—National Magazine.

**DISTEMPER**

In all its forms among all ages of horses, as well as dogs, cured and others in same stable prevented from having the disease with SPOHN'S DISTEMPER CURE. Every bottle guaranteed. Over 600,000 bottles sold last year \$3.50 and \$1.00. Any good druggist, or send to manufacturer, Agents wanted. Spohn Medical Co., Spec. Contagious Diseases, Goshen, Ind.

**Putting on Airs.**

Mrs. Flubber is a very superior person.  
 "Oh, very. You'd think she had been to a half dozen coronations."

**TO DRIVE OUT MALARIA AND BUILD UP THE SYSTEM**  
 Take the Old Standard GUYTON'S TARTARIC CHILL TONIC. You know what you are taking. The formula is plainly printed on every bottle showing it is simply Quinine and Iron in a tasteless form. The Quinine drives out the malarial and the Iron builds up the system. Sold by all dealers for 30 cents. Price 50 cents.

**As Willie Saw It.**

Ma—Is the clock running, Willie?  
 Willie—No, ma; it's just standing still and wagging its tail.—Judge.

**For HEADACHE—HICKS' CAPUDINE**  
 Whether from Colds, Heat, Stomach or Nervous Troubles, Capudine will relieve you. It's liquid—pleasant to take—acts immediately. Try it. 10c., 25c., and 50 cents at drug stores.

You can't tell the age of a saw by looking at its teeth.

**IN HARD LUCK.**



First Tramp—So Weary Willie is suffering from brain fog, is he?  
 Second tramp—Sure ting. He hasn't ask for work no more cause he haln't got brains enough ter think up some excuse for not taking it if he gets it.

**Generous.**

"Was he generous when a boy at school?"  
 "Yes; he always let his school-mates take his share of the punishment."—Judge.

There is a sort of hatred which never is extinguished; it is the hatred that superiority inspires in mediocrity.—Paul Bouget.

A love affair can end two ways: in one the letters and pictures are burned; in the other the letters and pictures are forgotten.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures whooping cough, croup, and colic.

You can't bet on the sincerity of a man's enthusiasm unless he is financially interested.

**The Wretchedness of Constipation**

Can quickly be overcome by **CARTER'S LITTLE LIVER PILLS**. Purely vegetable—act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, and indigestion. They do their duty. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

*W. N. Wood*

**PATENTS** Watson E. Coleman, Washington, D.C. Book free. Right references. Best results.

**WANTED** Second hand bags and burials. All kinds. Write for prices. RICHMOND BAG CO., Inc., Richmond, Va.

W. N. U., BALTIMORE, NO. 31-1911.

**A Poor Weak Woman**

As she is termed, will endure bravely and patiently agonies which a strong man would give way under. The fact is women are more patient than they ought to be under such troubles.

Every woman ought to know that she may obtain the most experienced medical advice free of charge and in absolute confidence and privacy by writing to the World's Dispensary Medical Association, R. V. Pierce, M. D., President, Buffalo, N. Y. Dr. Pierce has been chief consulting physician of the Invalids' Hotel and Surgical Institute, of Buffalo, N. Y., for many years and has had a wider practical experience in the treatment of women's diseases than any other physician in this country. His medicines are world-famous for their astonishing efficacy.

The most perfect remedy ever devised for weak and delicate women is Dr. Pierce's Favorite Prescription.

**IT MAKES WEAK WOMEN STRONG.**

**SICK WOMEN WELL.**

The many and varied symptoms of women's peculiar ailments are fully set forth in Plain English in the People's Medical Adviser (1008 pages), a newly revised and up-to-date Edition of which, cloth-bound, will be mailed free on receipt of 31 one-cent stamps to pay cost of mailing sub. Address as above.

