

# Truth and Quality

appeal to the Well-Informed in every walk of life and are essential to permanent success and creditable standing. Accordingly, it is not claimed that Syrup of Figs and Elixir of Senna is the only remedy of known value, but one of many reasons why it is the best of personal and family laxatives is the fact that it cleanses, sweetens and relieves the internal organs on which it acts without any debilitating after effects and without having to increase the quantity from time to time.

It acts pleasantly and naturally and truly as a laxative, and its component parts are known to and approved by physicians, as it is free from all objectionable substances. To get its beneficial effects always purchase the genuine—manufactured by the California Fig Syrup Co., only, and for sale by all leading druggists.

### A Wagner Anniversary.

The twenty-fifth anniversary of the death of Richard Wagner brought Wagner stories old and new, true and false, in great numbers into the German papers. One of these published in a Vienna paper, entitled "Jean Paul, as a Wagner Prophet," is to the effect that in the second decade of the last century he wrote an introduction to one of the works of G. L. A. Hoffman. "Before this was finished," so goes the story, "Jean Paul heard that Hoffman was not only a poet but a musician of no mean order, and he added to his introduction: 'So much the better, so much more seldom.' Herebefore the sun god has always bestowed the gift of poetry with his right and the gift of music with his left hand upon men so far apart that we are still waiting for the man who can write and compose an opera." The introduction is dated Bayreuth, November 24, 1813, the year of Wagner's birth, and, strange of all, it was written in the place where the wish was later realized.

### Why Naval Uniforms Are Blue.

Navy uniforms all the world over pretty well are navy blue. The British fashion in this matter has been the rule with maritime people in general. That blue was ever selected for the King's naval service was a fortuitous happening. When in 1747 the question of uniform was being considered the color selected had very little to have been French gray laced with silver.

While the King was still not quite decided he saw the Duchess of Bedford in a riding habit of blue faced with white and enlivened with gold lace. It was a revelation. Here, the King declared, was the uniform for his sea-service officers; and no more was heard of French gray. The navy took the blue, and every other navy has taken it to this day. —Pall Mall Gazette.

### Entitled to the Best.

Tipping is admitted to be a bad habit, but it is firmly established. A young fellow who took his best girl to supper felt that he must conform to custom, and handed out his coin with liberality, so that no one in the restaurant was overlooked. After they had been swinging through the revolving door she said: "Did you give that man at the door anything?" "No, Why?" "He ought to have had the most. He let us out." —From the St. Louis Republic.

### Radium's Proprieties.

The alpha particle of radio-activeness travels about three inches, according to Prof. Rutherford, its average speed being 6,000 miles a second. Its path is marked by extraordinary violence and about 100,000 molecules are broken up, giving rise to much heat and producing positively and negatively charged ions in the process.

### WONDERED WHY Found the Answer Was "Coffee."

Many pale, sickly persons wonder for years why they have to suffer so, and eventually discover that the drug—caffeine—in coffee is the main cause of the trouble.

"I was always very fond of coffee and drank it every day. I never had much flesh and often wondered why I was always so pale, thin and weak.

"About five years ago my health completely broke down and I was confined to my bed. My stomach was in such condition that I could hardly take sufficient nourishment to sustain life.

"During this time I was drinking coffee, didn't think I could do without it.

"After awhile I came to the conclusion that coffee was hurting me, and decided to give it up and try Postum. I didn't like the taste of it at first, but when it was made right—bolloed until dark and rich—I soon became very fond of it.

"In one week I began to feel better. I could eat more and sleep better. My sick headaches were less frequent, and within five months I looked and felt like a new being, headache spells entirely gone.

"My health continued to improve, and to-day I am well and strong, weigh 148 lbs. I attribute my present health to the life-giving qualities of Postum."

"There's a Reason." Name given by Postum Co., Battle Creek, Mich. Read, "The Road to Wellville," in pkgs. Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

## NOT BAD FOR BLONDES.

### Dr. Knopf Combats the Theory That They Should Keep in the Shade.

"Sunlight bad for blondes? Bosh!" exclaimed Dr. S. A. Knopf, the New York pathologist, in an address before the National Association for the Study and Prevention of Tuberculosis at the Auditorium Hotel, Chicago. Publication in newspapers a few months ago of theories that consumptives should keep in the shade and that sunlight is gradually eliminating the blond type, he declared had been dangerous in the extreme. There is still a chance for the blond type, he said, and as for consumptives, why, in certain cases even sun baths are beneficial.

Dr. Knopf traced the anti-sunlight theory back to Major Charles E. Woodruff, M. D., of the United States army, and against the army man's philosophy he arrayed statistics gathered in a canvass of fifty prominent physicians in all parts of the country, according to which brunettes have no advantages over blondes when it comes to fighting tuberculosis, at least in the temperate zone. Irish-American brunettes, Dr. Knopf declared, are as a class more susceptible to the white plague than German-American blondes.

"In no disease are such seemingly contradictory opinions more dangerous, when copied in the lay press, than in tuberculosis," he said. "I have a high personal regard for Major Woodruff," continued the New York physician, "and this paper is not to be interpreted as minimizing the scientific attainments of this distinguished scholar and gentleman. I am frank to admit, however, that I do not entirely agree with his conclusions and that I consider sunlight in general in cool and cold weather and even sun baths at certain times for certain individuals valuable adjuncts in the treatment of tuberculosis patients in our temperate zone." Varying susceptibility to tuberculosis of persons of different types of complexion was next treated.

"I have noticed this," he said, "that red-haired individuals—that is to say, the Venetian blondes of the French writers—seen even more susceptible to the disease and offer less favorable diagnosis. With other types I believe it to have been observed that many Scandinavian immigrants who as a rule are blond, when transplanted from the healthy agricultural sections of their native country to the congested districts of our large cities offer less resistance to tuberculosis than do native born Americans." —New York Sun.

## QUAINT AND CURIOUS.

A kitten doubles its weight in nine days, and a baby in 180 days.

Paris has a church made out of paper treated so as to resist the action of the weather.

The hair on a man's arm, like the hair on a monkey's arm, grows in two different directions.

At the present rate of excavation Pompeii will not be entirely uncovered before the year 1970.

In a fight with an owl near Claremont, Okla., Charles Tossier was defeated, recently, the bird pecking out one of his eyes.

A Massachusetts judge has decided that dogs are property, but that a cat has no value and is not to be regarded as property.

In the French schools in Algiers and Tunis the Arabic boys sit with the French in school, but out of school they do not mix much.

A single fruit company exported last year 40,000,000 bunches of bananas to Europe and the United States from Central and South America and Jamaica.

Stiffening of the brain, a rare disease, was given at the inquest as one of the causes of death of a boy 17 months old, on whom an operation was performed at St. Thomas' hospital, London.

Massachusetts has a town of 600 inhabitants which receives \$2750 annually from a single hotel for license to sell liquor. This is believed to be the highest license fee paid in the United States. The fee is nearly double the amount paid in Boston and other large cities.

A giant elm tree at Wolcott, N. Y., was recently cut down. It was the last of the original forest. The stump was fifteen feet in circumference and the rings indicated that it was fully three hundred years old. The body will made at least 2500 feet of lumber and the top twenty-five cords of wood.

That great and prolific English painter, J. M. W. Turner, bequeathed to the British nation when he died in 1851 pictures of his own the value of which was in 1902 estimated at \$5,000,000. These pictures consisted of 362 oil paintings, 135 finished water colors, and over 20,000 studies and sketches.

### South's Real Battle Flag.

For the first time in the history of Confederate reunions the battleflag was historically correct at this year's Confederate reunion, in Birmingham, Ala. Heretofore the oblong battleflag has been in vogue notwithstanding that the flag is square under which the brave sons of the south fought and died and won imperishable glory. The committee in charge of the arrangements for the Birmingham reunion has issued warnings to the people to beware of the oblong battle flag. The committee has made arrangements to make Birmingham during the reunion a brilliant and variegated vista of waving flags and floating bunting. —Mobile Item.

## FINANCE AND TRADE REVIEW

### MODERATE GAINS IN TRADE

Reviews Show Greater Volume Than for Previous Week, Especially in Steel.

New York.—R. G. Dun & Co.'s Weekly Review of Trade says: Trade reports continue to indicate moderate net gains each week, although progress is irregular. Some sections make much better showing than others, the southwest leading, while improvement is slowest at the east. There is also a similar irregularity in returns from the industries, some occupations gaining steadily while others proceed erratically. The net result, however, is a larger volume of business in the aggregate, and comparisons with this time last year are especially cheering, when it is considered that a year ago all records up to that time were being eclipsed. More plants have resumed work, wholly or in part, but there are still many unemployed.

At a further slight reduction in price of Bessemer pig iron the Pittsburgh market has experienced increased activity, and other material markets are somewhat busier, including coke ovens at Connellsville. Most finished steel lines are quiet, new contracts coming forward slowly and for small quantities, but specifications on old orders aggregate a fair tonnage. Each week the production of all the mills increases slightly, more plants constantly resuming, although usually on part time and with reduced forces.

Business failures in the United States for the week ending July 30 number 275, against 263 last week, 142 in the like week of 1907, 170 in 1906, 178 in 1905, and 179 in 1904. Canadian failures for the same period were 32 as against 24 last week, and 16 in this week last year.

### MARKETS.

Table with market prices for various goods like Wheat, Corn, Flour, etc.

### PITTSBURG.

Table with market prices for Wheat, Corn, Flour, etc.

### BALTIMORE.

Table with market prices for Flour, Wheat, Corn, etc.

### PHILADELPHIA.

Table with market prices for Flour, Wheat, Corn, etc.

### NEW YORK.

Table with market prices for Flour, Wheat, Corn, etc.

### LIVE STOCK.

Table with market prices for Union Stock Yards, Cattle, Hogs, etc.

### Herself as Hebe.

Robert Barr, the English novelist, was entertained at dinner by a North Woodward avenue family a few nights ago. The men adjourned to the smoking room and the hostess lingered to give orders to the maid.

### LOSENING GLASS STOPPERS.

There are several ways of doing this. Pour round the mouth of the bottle a little oil, and in an hour or two, if you cannot move the stopper, place the whole bottle in warm water, remove it, and gently tap the stopper on either side against glass and it will come out easily. —New York Times.

Professor Brande, of the University of Berlin, maintains that Americans speak English better than the English themselves, for reason that the British educational system gives more attention to dead languages than live ones.

## ALL RUN DOWN.

Miss Della Stroebe, who had Completely Lost Her Health, Found Relief from Peruna at Once.

### Read What She Says:

MISS DELLA STROEBE, 710 Richmond St., Appleton, Wis., writes: "For several years I was in a run-down condition, and I could find no relief from doctors and medicines. I could not enjoy my meals, and could not sleep at night. I had heavy, dark circles about the eyes. "My friends were much alarmed. I was advised to give Peruna a trial, and to my joy I began to improve with the first bottle. After taking six bottles I felt completely cured. I cannot say too much for Peruna as a medicine for women in a run-down condition."

### Pe-ru-na Did Wonders.

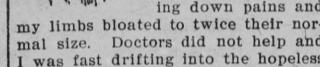
Mrs. Judge J. F. Boyer, 1421 Sherman Ave., Evanston, Ill., says that she became run down, could neither eat nor sleep well, and lost flesh and spirit. Peruna did wonders for her, and she thanks Peruna for new life and strength.

### Mechanical Novels.

There is a certain type of novel of today which always recalls the hateful memories of the mechanical doll. They start off with a shiver of clockwork; all through their set poses and posturings you are conscious that the wheels of their mechanism are going round, and they leave off just where the penny you have dropped into their publisher's slot has expended its propulsive force.—Ohlooker.

### SAVED AT THE CRISIS.

Delay Meant Death From Kidney Troubles. Mrs. Herman Smith, 901 Broad Street, Athens, Ga., says: "Kidney disease started with slight irregularity and weakness and developed into dangerous dropsy. I became weak and languid and could do no household work. My back ached terribly. I had bearing down pains and my limbs bloated to twice their normal size. Doctors did not help and I was fast drifting into the hopeless stages. I used Doan's Kidney Pills at the critical moment and they really saved my life."



Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

### Changed His Mind.

A gentleman who once served on an Irish jury tells an amusing story of his experiences, says the Dundee Advertiser. When the hearing was over and the jury retired to their room to consider their verdict, they found that they stood 11 to 1 in favor of an acquittal, but the one happened to be a very complacent old gentleman who rested his chin upon the head of a thick bamboo cane and announced defiantly that he was ready to stay there as long as any of them. The hours dragged on, an evening arrived, and the old gentleman obstinately held out. The other jurors wearily arranged themselves to make a night of it. From time to time the old gentleman would contemptuously suck the head of his cane. Finally he fell fast asleep and the cane fell heavily to the floor. Then one of the jury-men picked it up and found to his surprise that it was hollow and filled with good old Irish whisky. The thankful 11 passed the cane around, relieved it of its contents, and then awakened their slumbering owner. Slowly he lifted the cane to his mouth, sucked ineffectually for a moment, looked at his watch, and then arose with the announcement: "Boys, I'm after changin' me mind!"

### ECZEMA SEEMED INCURABLE.

Body was Raw—Discharged from Hospital as Hopeless—Cuticura Remedies Cured Him.

"From the age of three months until fifteen years old, my son Owen's life was made intolerable by eczema in its worst form. In spite of treatments the disease gradually spread until nearly every part of his body was quite raw. He used to tear himself dreadfully in his sleep and the agony he went through is quite beyond words. The regimental doctor pronounced the case hopeless. We had him in hospitals four times and he was pronounced one of the worst cases ever admitted. From each he was discharged as incurable. We kept trying remedy after remedy, but had gotten almost past hoping for a cure. Six months ago we purchased a set of Cuticura Remedies. The result was truly marvelous and to-day he is perfectly cured. Mrs. Lily Hedge, Camblewel Green, England, Jan. 12, 1907."

### The Girls Ahead.

At the spelling contest at Cleveland, out of four teams of 15 children each, two little girls had the only perfect scores. At a recent performance of 40 children pianists before a committee of noted musicians in Paris a little girl received the prize. In an inquiry conducted by the New Jersey State Teachers' Association recently 25 out of 32 cities reported more boys than girls behind grade and further behind; and in every physical test applied except one more boys than girls were found below the average. In near-sightedness alone were more girls than boys found afflicted. In every form of mental defectiveness more boys than girls were found afflicted.

### Prohibitionists Paraphrase.

"What we want now," said one Prohibitionist campaigner, "is some tiresque title for our candidate, such as it is now customary to give the head of the ticket."

"Very true," replied the other. "Why not refer to him as the beerless leader?"—Washington Star.

## THE ORANGE AS MEDICINE.

Its Value in the Treatment of Many Diseases is Now Being Recognized.

People are coming around more and more to the true opinion that mineral drugs don't aid, but rather retard recovery in case of sickness, and that the only true medicine is to be found in those that nature supplies so freely—air, water and food.

Foremost in value as medicinal foods are fresh fruits, and none of these ranks higher than oranges, says the Des Moines Register. Oranges are very rich in organic salts. They contain a high amount of potassium, calcium and sulphur, surpassing both cow's and human milk in this respect. No other fruit has such a high percentage of sulphur. Orange juice contains on an average of 11 1/2 per mille acid, which accounts for the high amount of potash and lime which are necessary for the formation of natural fruit acids. Pure orange juice is an ideal remedy for scrofula, rickets, nervousness and especially blood diseases (principally scurvy). It is most valuable for the reduction of uric acid and other waste matter in the system, and therefore both a preventative and curative food for rheumatism and gout. Consumptive and anemic people will also be greatly benefited by a diet of oranges on account of the high percentage of blood building salts they contain.

Lemons have the largest amount of magnesium lime of all the fruits. They show the greatest acidity—73 per mille. Their juice is excellent for the preparation of both fruit and vegetable salads and should altogether replace vinegar, which is worse than alcohol, by depriving the blood of its important organic salts. Its medicinal qualities are highly appreciated in the cure of uric acid diseases.

The Latest Nature Fake. Attacked by a huge catamount 10 miles south of Poplar Bluff, E. Emory, a timberman, fired every bullet he had in a squirrel rifle without bringing the animal down. The catamount closed in on him and would probably have killed him had not Emory thought of his watch chain, composed of bullets he had saved while a private in the First Tennessee regiment at Manila. Jerking off the chain, Emory loaded his rifle, using powder from his horn flask, and succeeded in killing the animal just as it was lunging forward toward him. This is the story as sent out from Poplar Bluff.—Kansas City Journal.

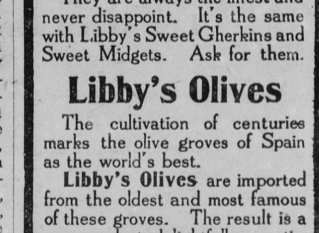
Plenty of Gold in Transvaal. Mining experts estimate that the amount of gold which remains to be mined along the Rand reef in the Transvaal is worth five billion dollars.

## Libby's Food Products

Libby's Sweet Mixed Pickles. That firm, crisp quality and delicious flavor is what you get when you insist on Libby's Mixed Pickles at your dealers. They are always the finest and never disappoint. It's the same with Libby's Sweet Cherkens and Sweet Midgets. Ask for them.

Libby's Olives. The cultivation of centuries marks the olive groves of Spain as the world's best. Libby's Olives are imported from the oldest and most famous of these groves. The result is a rare product, delightfully appetizing. Try one bottle and you'll buy more and never be without them.

Libby's Preserves. Pure, ripe fruit and pure sugar in equal parts, cooked just right and timed to the second, in Libby's Great White Kitchen, is the secret of the extreme superiority of Libby's Preserves. There's none as good at any price. Grocers and delicatessen stores carry all of Libby's Food Products. They are warranted the best to both you and the dealer.



Write for free booklet—"How to Make Good Things to Eat." Insist on Libby's at your dealer's. Libby, McNeill & Libby, Chicago.

## EVERY MAN HIS OWN DOCTOR

By J. HAMILTON AYERS, M. D. This is a most valuable book for the household, teaching as it does the easily-distinguished symptoms of different diseases, the causes and means of preventing such diseases, and the simplest remedies which will alleviate or cure. 509 Pages. Profusely Illustrated. 60c. postpaid. Send postal notes or postage stamps. BOOK PUBLISHERS, 134 Leonard St., New York.

## WIDOWS' PENSIONS

Under New Law obtained by JOHN W. MORRIS, Washington, D. C. If afflicted with weak eyes, use Thompson's Eye Water.

## SKREEMER SHOE

FOR MEN. Compare your foot with a SKREEMER shoe, that is, with the part of the shoe that bears your weight, and note the resemblance, the lines of the shoe following perfectly the lines of the foot. That means comfort. Look for this label. If you do not find these shoes readily, write the makers for directions how to secure them. FRED. F. FIELD CO., Brockton, Mass.



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

Lena V. Henry, of Norristown, Pa., 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 DAISY FLY KILLER. Controls all the flies and other pests in the house—in dining room, sleeping room, kitchen, etc. It is a most effective and safe fly killer. Try it once and you will never be troubled with flies again. Sold by dealers. Send postal notes or postage stamps. HAROLD SOMERS, 140 DeKalb Ave., Brooklyn, N. Y.

## FOR SUN



## BLEMISHES

As well as for the preservation and purification of the skin no other skin soap so pure, so sweet, so speedily effective as Cuticura. For eczemas, rashes, inflammations, chafings, sunburn, wind irritations, bites and stings of insects, lameness and soreness incidental to outdoor sports, for the care of the hair and scalp, for sanative, antiseptic cleansing, as well as for all the purposes of the toilet, bath and nursery, Cuticura Soap and Cuticura are unrivaled. Guaranteed absolutely pure, and may be used from the hour of birth. Sold throughout the world. Depot: London, 27, Charterhouse Sq.; Paris, 6, Rue de la Fric; Australia, H. Towns & Co.; Sydney, India, B. K. Paul; Ceylon, China, Hong Kong, Japan, Manila, Ltd.; Tokyo, Russia, Berrett, Moscow; St. Louis, Leavenworth, Cape Town, etc. U.S.A., Potter Drug & Chem. Corp., Sole Props., Boston, Mass. Post Free. Cuticura Booklet on the Skin.