Syrup of Figs and Elixir of Senna

Cleanses the System Effectually; Dispels Colds and Headaches due to Constipation; Acts naturally, acts truly as a Laxative.

Best for Men, Women and Children—Young and Old.

To get its Beneficial Effects Always buy the Genuine which has the full name of the Company

CALIFORNIA FIG SYRUP CO.

by whom it is manufactured, printed on the front of every package.

SOLD BY ALL LEADING DRUGGISTS. one size only, regular price 50¢ per bottle.

A Vacation.

According to some persons, a vacation consists in going to some place which you do not know whether you will like for the purpose of spending money which you are certain you will need later on.—New York Herald.

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SHE COULD NOT WALK

For Months—Burning Humor on Ankles—Opiates Alone Brought Sleep — Eczema Yielded to Cuticura.

"I had eczema for over two years. I had two physicians, but they only gave me relief for a short time and I cannot enumerate the ointments and lotions I used to no purpose. My ankles were one mass of sores. The itching and burning were so intense that I could not sleep. I could not walk for nearly four months. One day my husband said I had better try the Cuticura Remedies. After using them three times, I had the best night's rest in months unless I took an opiate. I used one set of Cuticura Soap, Ointment, and Pills, and my ankles healed in a short time. It is now a year since I used Cuticura, and there has been no return of the eczema. Mrs. David Brown, Locke, Ark., May 18 and July 13, 1907."

Old Time College Penalty.

If the Yale faculty a century and a half ago dealt differently with student offenders, the offenders themselves were of a somewhat different order. It seems that "one Holmes, a student of this college, on the Sabbath or Lord's day, traveled unnecessarily, and that with a burden or pack behind him, from beyond Wallingford to this place; which is contrary to the divine and civil law, as well as to the laws of this college." The college officials having fined Holmes some 20d sterling, he subsequently made a public confession of his crime, and afterward became a highly respected minister of the gospel. This malefactor, says Thomas Wentworth Higginson, in Harper's Magazine for July, writing on the aristocratic prestige of old families in this republican country, was a grandnuncle of Dr. Oliver Wendell Holmes.

How Iron Expands.

The increase of volume from the heating and cooling of cast iron has been the subject of many tests, and it has been shown that the swelling may amount to as much as 40 per cent. After heating in a gas furnace twenty-seven times, the highest temperature reached being 1,450 degrees Fahrenheit, a bar originally one inch square and 14.8 inches long was found to have grown to one and one-eighth inches square and sixteen and one-half inches long. This effect is suggested as an explanation of the trouble given by cast iron fittings for superheated steam, which produces the same alternate heating and cooling.

ALMOST A SHADOW

Gained 20 lbs. on Grape-Nuts.

There's a wonderful difference between a food which merely tastes good and one which builds up strength and good healthy flesh.

It makes no difference how much we eat unless we can digest it. It is not really food to the system until it is absorbed. A Yorkstate woman says:

"I had been a sufferer for ten years with stomach and liver trouble, and had got so bad that the least bit of food such as I then knew, would give me untold misery for hours after eating.

"I lost flesh until I was almost a shadow of my original self and my friends were quite alarmed about me.

"First I dropped coffee and used Postum, then began to use Grape-Nuts, although I had little faith it would do me any good.

"But I continued to use the food and have gained twenty pounds in weight and feel like another person in every way. I feel as if life had truly begun anew for me.

"I can eat anything I like now in moderation, suffer no ill effects, be on my feet from morning until night. Whereas a year ago they had to send me away from home for rest while others cleaned house for me, this spring I have been able to do it myself all alone.

"My breakfast is simply Grape-Nuts with cream and a cup of Postum, with sometimes an egg and a piece of toast, but generally only Grape-Nuts and Postum. And I can work until noon and not feel as tired as one hour's work would have made me a year ago." "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.

The Farm

Raising Turkeys.

The farmers of the United States generally could profitably increase the number of turkeys they produce. This class of poultry always sells well, and anyone who can give turkeys a good range can make a profit from them if he handles them correctly.

The excessive death rate during the first few weeks of the poult's existence is the leading drawback to turkey raising, but most of the trouble which is so common at this stage can be avoided by careful and judicious management.

Be sure that the young do not get chilled while hatching or shortly afterwards, and have their coops made perfectly tight and free from drafts and dampness. Locate them in a well drained spot where the sun shines unobstructedly for the greater part of the day, until the arrival of sultry summer weather. This matter of freedom from dampness is very essential.

Keep the poults confined to the coop or to a covered run on damp, chilly mornings until all the dew has disappeared from the grass and weeds. Aside from such times, the youngsters may be allowed entire liberty after they are five or six days old. The mother turkey should be restricted, for a time at least, within limited range by means of a string or some other convenient method of this kind.

Vermin are frequent source of trouble and loss with poults and turkeys. This is a matter deserving of more attention than it usually receives, as lice are generally numerous on turkey fowls. One of the best things that can be done is to give the setting hen a thorough dusting with a reliable brand of louse powder two or three days before the eggs commence to hatch; this not only frees the hen from the vermin but prevents the poults from contracting the vermin from their mother as soon as they are hatched. Watch the fowls carefully from time to time throughout the summer for indications of the presence of vermin, and give them treatment for same frequently.

Bread crumbs or bread and milk make one of the best poult feeds for the first few days. After the first few meals an egg, hard boiled and chopped fine, may be added by way of variety. Also, commence feeding oatmeal and cracked corn or wheat, and green cut bone or meat in some form. Feed often and a little at a time for the first few weeks. Frequent and careful feeding is very important. A supply of good grit for grinding the food, should be constantly accessible to the poults from the beginning.

Feeding the Herd.

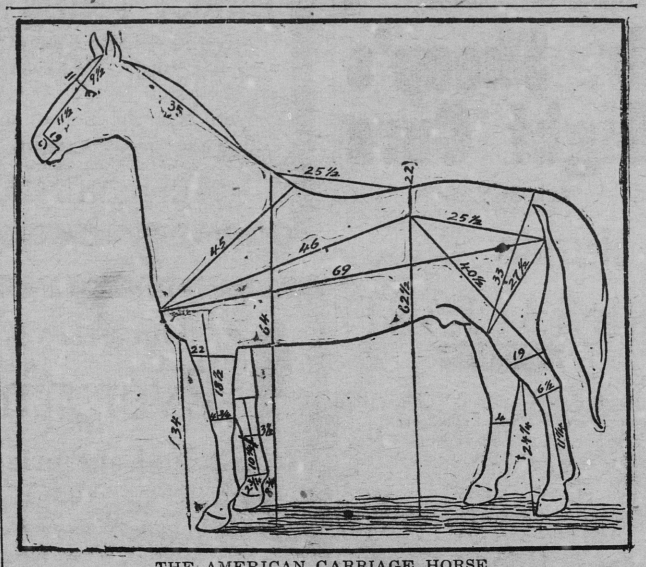
Now, a word about feed. This is a subject to which you will have to give special and careful attention. You must not only look to the needs of your cattle, but you must endeavor to get their rations as nearly as possible from products of your own farm. Economy is one of your watchwords. But you must make it a study and it will take you several years, says a writer in Holstein-Friesian Register. Look first to the needs of your cows, and next to the cost of the feed. Your heifer calves should be fed sweet skim-milk for about six months, and you can mix with it a little corn meal and oil meal, or these can be fed separately. After six months, if on good pasture, they will require no feed; but as fall comes on they should not be allowed to run down and become poor before winter feeding is begun. This feed should consist of bran, shorts, oil meal, etc., with fodder, hay and straw for roughage. I would feed no corn. A few weeks before your heifer is due with her first calf you should begin feeding her a mixture of food rich in protein. Do not overfeed her, but gradually increase the feed until by the time she drops her calf she will be getting about all she wants to eat. You will find that she has made a very large udder and will start off with a large flow of milk. For a few days after calving, feed lightly, gradually increasing, and you will find her responding well to your attention. There is no danger from milk fever with the first calf; but from then on, and especially with the third and fourth calves, you cannot feed so heavily before calving, neither will she require it; for by this time the habit of milk-giving will have been well formed.

Good Milkers.

High-grade cows are not any too plentiful and prices for such stock are high. Young milch cows that will yield from thirty-five to fifty pounds of milk per day are worth as many dollars. Farmers and breeders have recognized the demand for fine stock of this class and during the past year many excellent animals have been selected and kept for raising. Much of course depends upon this selection; the cows for both milk and butter are greatly improved by careful selection and feeding. The feeding is important. If an animal is stinted and starved and chilled during a period of its growth, it will never fully regain what it has lost, no matter what good treatment it subsequently receives. Successful breeders recognize this fully and provide for the winter, and are particularly careful to keep their young stock vigorous, healthy and growing through all the trying portions of the year. This midway treatment, before stock begins to produce, is often as important a matter as selection.

Pure breeds are not, of course, necessary to success. It is not possible for every farmer to have pure breeds. He may be a number of years breeding up his herd to a satisfactory high grade standard. Good, milking cows of every breed, and of no particular breed, possess certain qualities in common which guide the farmer in the selection of dairy stock. According to the late Professor Alvord, of the Department of Agriculture, they have generally neat, well-balanced heads, light fore and heavy hind quarters, mild, gentle eyes, sloping shoulders, rather than upright, large udders, good-sized teats, with well developed milk veins and mellow skin and soft, glossy coat.

The milk of young cows is generally richer than that of old ones. The most profitable age of the milker is supposed to be from four to nine years. Yet for many years after that cows may be splendid milkers and highly profitable, but their milk becomes relatively somewhat poorer, and the animals eat more, especially during the winter. As animals grow older, having once become lean, they are more difficult to fatten.



THE AMERICAN CARRIAGE HORSE.
The Figures on the Lines Are the Ideal Measurements in Inches.

Farm Poultry.

In speaking to the farmers of Greenfield, Mass., not long ago, Professor W. P. Brooks, of the State Agricultural College, considered poultry keeping from the standpoint of the farmer. New England he believed to be one of the best sections for poultry keeping, because of the markets and the quality of the soil. Less than one-fifth of the poultry products used in Massachusetts are now raised in that State.

A sheltered location on sandy soil was recommended for the poultry buildings. Glass fronts were to be avoided, a better plan being to leave the south side of the house entirely open. Hens in such houses are more hardy and will lay better than those in coops with glass fronts. The front should be protected by curtains in severe weather. Experience at the college has proved corn to be a better egg producer than wheat and is less expensive. Animal food is of great importance, more so than vegetable matter. Rye was found to be a great egg producing food, but usually is too high in cost.

Changing the Mood.

When General Leonard Wood was a small boy he was called up in the grammar class. The teacher said:

"Leonard, give me a sentence, and we'll see if we can change it to the imperative mood."

"The horse draws the cart," said Leonard.

"Very good. Now change the sentence to an imperative."

"Get up!" said young Wood.

FINANCE AND TRADE REVIEW

DUN'S WEEKLY SUMMARY

Growth of Confidence Evidenced by Increased Preparation of Fall Business.

New York.—R. G. Dun & Co.'s "Weekly Review of Trade" says:

"Encouraging reports of commercial conditions outnumbering adverse statements, and in almost every instance earlier gains are fully maintained, while the growth of confidence is evidenced by increased preparations for fall trade and a revival of structural work.

"Retail trade is reasonably quiet, but wholesale and jobbing markets are responding to the usual attendance of outside buyers, while the big cotton goods auction sale had no demoralizing effect on prices. Scarcity of hides holds prices at a very high position, and leather is also relatively much stronger than other materials of manufacture, which retards business in footwear. Mercantile collections are irregular, but money is abundant and cheap, and prices of securities establish new high records for the year almost daily.

"More interest is shown in the iron and steel markets than at any earlier date this year, although the railways are not buying freely. Prices are unchanged, but some furnace and foundry interests will take no more orders without an advance. Domestic roads have begun to buy rails, but most new contracts in this department are for export.

"Results of the first big auction sale of dress goods were most satisfactory, relatively high prices being realized. As to the woolens, most interest is shown in the higher grades of men's wear. Confidence is shown by some mills that are purchasing raw wool freely, helping to prevent accumulation of stocks in Eastern markets, as the new clip comes forward.

"Footwear manufacturers in New England report that jobbers continue to purchase conservatively, placing only enough contracts to cover immediate needs."

MARKETS.

PITTSBURG.

Wheat—No. 2 red.....$	85	90
Rye—No. 2.....		
Corn—No. 2 yellow, ear.....	88	91
No. 2 yellow, shelled.....	85	86
Mixed ear.....	77	78
Oats—No. 2 white.....	67	68
No. 3 white.....	65	66
Flour—Winter patent.....	5 80	5 90
Fancy straight winters.....		
Hay—No. 1 Timothy.....	15 00	15 50
Clover No. 1.....	12 50	13 00
Feed—No. 1 white mid. ton.....	28 00	28 50
Brown middlings.....	25 00	25 50
Bran, bulk.....	26 00	26 50
Straw—Wheat.....	7 35	7 50
Oat.....	7 25	7 50
Dairy Products.		
Butter—Elgin creamery.....$	22	23
Ohio creamery.....	20	21
Fancy country roll.....	17	18
Cheese—Ohio, new.....	16	17
New York, new.....	16	17
Poultry, Etc.		
Hens—per lb.....$	17	18
Chickens—dressed.....	12	14
Eggs—Pa. and Ohio, fresh.....	17	19
Fruits and Vegetables.		
Potatoes—Fancy white per bu....	1 25	1 25
Cabbage—per ton.....	1 00	1 25
Onions—per barrel.....	5 50	6 00

BALTIMORE.

Flour—Winter Patent.....$	5 70	5 90
Wheat—No. 2 red.....	1 02	
Corn—Mixed.....	74	76
Eggs.....	17	18
Butter—Ohio creamery.....	23	24

PHILADELPHIA.

Flour—Winter Patent.....$	5 60	5 75
Wheat—No. 2 red.....		1 00
Corn—No. 2 mixed.....	85	86
Oats—No. 2 white.....	64	65
Butter—Creamery.....	24	25
Eggs—Pennsylvania firsts.....	17	18

NEW YORK.

Flour—Patents.....$	5 80	5 90
Wheat—No. 2 red.....	1 00	
Corn—No. 2.....	84	85
Oats—No. 2 white.....	59	61
Butter—Creamery.....	22	23
Eggs—State and Pennsylvania....	17	18

LIVE STOCK.

Union Stock Yards, Pittsburg.

CATTLE

Extra, 1450 to 1600 pounds.....	6 35 @ 6 50
Prime, 1300 to 1400 pounds.....	6 00 @ 6 25
Good, 1200 to 1300 pounds.....	5 40 @ 5 90
Tidy, 1050 to 1150 pounds.....	4 75 @ 5 25
Fair, 900 to 1000 pounds.....	4 00 @ 4 75
Common, 700 to 900 pounds.....	3 00 @ 4 00
Bulls.....	3 00 @ 4 50
Cows.....	1 50 @ 4 00

HOGS

Prime, heavy.....	7 00 @ 7 05
Prime, medium weight.....	7 00 @ 7 07
Best heavy Yorkers.....	7 00 @ 7 05
Light Yorkers.....	6 50 @ 6 80
Pigs.....	5 50 @ 6 10
Roughs.....	5 00 @ 5 90
Stags.....	4 00 @ 4 50

SHEEP

Prime wethers.....	4 60 @ 4 75
Good mixed.....	4 25 @ 4 50
Fair mixed ewes and wethers.....	3 60 @ 3 10
Culls and common.....	1 50 @ 3 00
Spring lambs.....	3 00 @ 6 35
Veal calves.....	5 00 @ 7 75
Heavy to thin calves.....	3 00 @ 4 50

TO REMOVE OLD PAINT.

To remove old paint from woodwork, make a strong solution of washing soda and apply it to the paint with a brush, being careful that it does not get on your hands or clothing. After a short time wash off with a mop, being careful, as before, not to let the liquid touch the flesh or clothing.

Ammonia is also a good agent. Use diluted household ammonia and proceed as with washing soda. Begin to wash off as soon as the fumes pass off. The paint may be scraped or burned off, but this is a difficult thing for an amateur to do.

To clean painted woodwork, take two quarts of hot water, two tablespoonfuls of turpentine, one of skimmed milk and soap enough to make suds. The mixture will clean and give luster.

Paint can be removed from glass by rubbing it with hot, strong vinegar. —New York Press.

When Cardinal Logue said to John D. Rockefeller, "You have a fine country," he did not use the pronoun "you" in a personal sense, as some have supposed, explains the Atlanta Journal.

THINGS WORTH KNOWING

The average price, in Marseilles, last year, of African peanuts was $55.90 per ton.

Canadians have been successfully growing figs near Niagara-on-the-Lake these forty years past.

Although France has had compulsory education for about twenty-five years, the percentage of illiterates reaches the high figure of forty per 1000 men and sixty per 1000 women.

Market abbreviations are "toms" for tomatoes, "cants" for cantaloupes and "cukes" for cucumbers.

Mrs. Emma Hancy, of Coopersburg, Pa., has an apple tree in her yard, in a hollow crotch of which a currant stalk has taken root, and this year has a small crop of berries surrounded by green apples.

The bone frame of the average whale weighs about forty-five tons.

An oddity in the dandelion line was found in Caribou, Me., recently. This blossom was a combination of five different blossoms on as many stems, yet all grown together and cemented into one compact whole.

The Ohio Dunkards have voted to hold their future conferences in tents exclusively. They tolerate the use of the telephone by brethren who have the price, but insist that it shall be used only in the transaction of business.

The California blackbird cannot sing, but he is greatly beloved for the number of bugs he can consume between daylight and dark on any given day of the year.

The proud parents of triplets born in Delaware, Ind., named them, respectively, James, Whitcomb and Riley.

The Japanese were acquainted with iron from very earliest times. A sword that was used by one of the ancestors of the present emperor, about 800 B. C., is still in existence.

Boston waiters' and other unions are making an effort to have the license commissioners make a rule that women cannot be employed to serve liquor in any licensed place in the city.

A glass ball on the handle of a parasol concentrated the rays of the sun and started a fire in Northampton, Mass.

Most of the coffee drunk in Smyrna was grown in Brazil. Only the wealthy can afford to drink Arabian coffee.

Fewer New Yorkers own their own homes than the residents of any other city in the world. The reason is a simple one: the land is so valuable that none but the very wealthy can afford its purchase. Of the 391,687 families living on Manhattan Island only 16,316 hold title to the houses they occupy.

AMERICAN HUSBANDS.

Safer Than Foreigners For American Women.

The longer the list of marriages between American heiresses and foreign noblemen grows the more certain it becomes that the average results are below the American standard. The proportion of divorces and separations is higher and the percentage of unmistakably happy families is smaller in European countries than in any part of the social world of this country. In fact, if the averages of shipwrecks in marriage were as formidable in the United States as it is in the matrimonial ventures which take American girls to Europe to be the mistresses of old castles, palaces and mansions, the world would be filled with contempt for American men and women alike. It would be said that American civilization was manifestly a failure and foredoomed to decay, unless it could be reformed radically.

But these obvious facts will not prevent international marriages of the usual kind. The temptations seem too strong to be resisted. Every bride who takes the risk believes that in her case the dangers which have wrecked so many homes will be averted. She thinks that her venture will be of the happy kind seemingly rare. American men of the rich and favored classes are partly to blame for all this. If they were better representatives of the manhood of their own country, in many cases, the titled wooers from abroad would find fewer wives and fortunes in the United States.—Cleveland Leader.

Both Guilty.

The man who prided himself on his keen perceptions watched the witness on the stand with intensity, and nodded his head vigorously at the closing words of the bewildered witness.

"That man's concerned in it," said the keen observer to his friend. "Didn't you notice how his eyes shifted around?"

"How about this next one?" inquired the friend.

"He's guilty of something," asserted the keen observer. "No man stares at people in that bold, defiant way if he has a clear conscience."—Youth's Companion.

THE COME AND SEE SIGN

PUBLIC INSPECTION INVITED FROM 8 A.M. TO 4 P.M. SATURDAYS EXCEPTED LYDIA E. PINKHAM MEDICINE CO.

This sign is permanently attached to the front of the main building of the Lydia E. Pinkham Medicine Company, Lynn, Mass.

What Does This Sign Mean?

It means that public inspection of the Laboratory and methods of doing business is honestly desired. It means that there is nothing about the business which is not "open and aboveboard."

It means that a permanent invitation is extended to anyone to come and verify any and all statements made in the advertisements of Lydia E. Pinkham's Vegetable Compound.

Is it a purely vegetable compound made from roots and herbs — without drugs?

Come and See.

Do the women of America continually use as much of it as we are told?

Come and See.

Was there ever such a person as Lydia E. Pinkham, and is there any Mrs. Pinkham now to whom sick woman are asked to write?

Come and See.

Is the vast private correspondence with sick women conducted by women only, and are the letters kept strictly confidential?

Come and See.

Have they really got letters from over one million, one hundred thousand women correspondents?

Come and See.

Have they proof that Lydia E. Pinkham's Vegetable Compound has cured thousands of these women?

Come and See.

This advertisement is only for doubters. The great army of women who know from their own personal experience that no medicine in the world equals Lydia E. Pinkham's Vegetable Compound for female ills will still go on using and being benefited by it; but the poor doubting, suffering woman must, for her own sake, be taught confidence, for she also might just as well regain her health.

Paxtine

TOILET ANTISEPTIC

Keeps the breath, teeth, mouth and body antiseptically clean and free from unhealthy germ-life and disagreeable odors, which water, soap and tooth preparations alone cannot do. A germicidal, disinfecting and deodorizing toilet requisite of exceptional excellence and economy. Invaluable for inflamed eyes, throat and nasal and uterine catarrh. At drug and toilet stores, 50 cents, or by mail postpaid.

Large Trial Sample

WITH "HEALTH AND BEAUTY" BOOK SENT FREE

THE PAXTON TOILET CO., Boston, Mass.

P. N. U. 33, 1908.

DROPSY NEW DISCOVERY; gives quick relief and cures worst cases. Book of testimonials and 10 Days' treatment Free. Dr. H. H. GREEN'S SONS, Box B, Atlanta, Ga.

The Cost of Making Butter.

In a recent report published by the Iowa State Dairy Commissioner, the average cost of producing one pound of butter is given as follows:

In the creamery that makes 40,000 pounds of butter per year, it costs 4 cents to make one pound of butter, and in a creamery producing 50,000 pounds, it costs 3.4 cents to make one pound; while in creameries making 150,000 pounds per year, it costs only 1.85 cents. In some of the very large central plants, that are producing over 200,000 pounds of butter per year, it costs 1.4 cents per pound. These figures clearly show that the larger the creamery the cheaper butter can be manufactured, and they also show that it takes about 400 cows, tributary to one factory, before a profitable creamery business can be established.

FIVE MONTHS IN HOSPITAL.

Discharged Because Doctors Could Not Cure.

Levi P. Brockway, S. Second Ave., Anoka, Minn., says: "After lying for five months in a hospital I was discharged as incurable, and given only six months to live. My heart was affected, I had smothering spells and sometimes fell unconscious. I got so I couldn't use my arms, my eyesight was impaired and the kidney secretions were badly disordered. I was completely worn out and discouraged when I began using Doan's Kidney Pills, but they went right to the cause of the trouble and did their work well. I have been feeling well ever since."

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