

# Habitual Constipation

May be permanently overcome by 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**  
manufactured by the  
**CALIFORNIA FIG SYRUP CO. ONLY**  
SOLD BY ALL LEADING DRUGGISTS  
one size only, regular price 50¢ per bottle

Ivory Market.  
The ivory market at Antwerp, organized only a decade ago, has become the largest one in the world—larger than the two other great markets, those of London and Liverpool.

**ETS, St. Vitus' Dance, Nervous Diseases** permanently cured by Dr. Elinor's Great Nerve Restorer. 50¢ trial bottle and treatise free. Dr. H. R. Kline, L.D., 981 Arch St., Phila., Pa.

According to the report of the geological survey of British India the production of coal in that country in 1907 was 9,783,250 tons.

**Mrs. Winslow's Soothing Syrup for Children** teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 50¢ a bottle

**Accounts All Balanced.**  
A remarkable condition arose in the Muskogee (Okla.) clearing house the other day. When members of the association met at 11 o'clock to adjust 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 the other.

**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. 25¢. Don't accept any substitutes. Trial package FREE by mail. Address Allen S. Olmsted, LeRoy, N. Y.

**Concrete Fly Wheels.**  
For slow speed pumps in the Rand mines, South Africa, a novel flywheel has been adopted. High freight rates make iron and steel machinery very costly, and the use of concrete rims for the flywheels of ten pumps is stated to have realized a saving of about \$10,000. The flywheels are driven by electric motors through worm gear about twenty revolutions per minute. Each wheel is fourteen feet in diameter, with a cast iron hub in which sixteen spokes of four-inch tube are screwed, and the rim has a base and an outside of one-fourth inch sheet iron strips, separated by distance pieces. The strips are bolted together, the concrete rim between being thirteen inches wide and fifteen inches deep, strengthened by four one-fourth inch wires interlaced with the distance pieces. The weight of the wheel is 8,000 pounds and that of the rim 6,000 pounds.

Mark Twain in his lifetime has earned \$700,000.

**More proof that Lydia E. Pinkham's Vegetable Compound saves woman from surgical operations.**

Mrs. S. A. Williams, of Gardiner, Maine, writes:  
"I was a great sufferer from female troubles, and Lydia E. Pinkham's Vegetable Compound restored me to health in three months, after my physician declared that an operation was absolutely necessary."

Mrs. Alvina Spurling, of 154 Cleybourne Ave., Chicago, Ill., writes:  
"I suffered from female troubles, a tumor and much inflammation. Two of the best doctors in Chicago decided that an operation was necessary to save my life. Lydia E. Pinkham's Vegetable Compound entirely cured me without an operation."

**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.

If afflicted with weak eyes, see  
**Thompson's Eye Water**

# Farm Topics

**THE IMPORTANCE OF FARMING.**  
How important the business really is can be judged by the fact that there are more people engaged in it than in any other line of productive industry, and there is more money invested in farming than in any other one occupation.—Weekly Witness.

**A COTTONSEED MEAL.**  
Six pounds of cottonseed meal may be considered the most that can be wisely fed a cow per day, and four pounds will generally be a much safer amount. What additional concentrates may be needed can consist of one or more grain products.—Progressive Farmer.

**GOOD AND POOR BUTTER.**  
Every year the line is being drawn more closely about dairy products and each succeeding year brings an increased demand for strictly first-class grades and a weaker demand for the poorer ones. In all probability the time is not far distant when it will be almost impossible to dispose of poor butter at all, except as grease and at great prices. Notwithstanding all that is said against imitation butter, it is a truth that the meanest, filthiest imitation of all is made from genuine cow's milk, but in such a slovenly, incompetent manner that all value and trace of genuineness have been eliminated.—Epitomist.

**A LOW POULTRY RUN.**  
A safe and secure poultry run that requires less material than a high pen can be made from laths sawed in two, which would make the sides two feet high, making the frame of scantlings and the top of sawed laths, box boards or similar material. The top of the run should consist almost entirely of trap doors, using bits of old harness for hinges, which will look well if cut neatly. The illustration shows one of the doors propped up to show the construction more plainly. The doors are four feet long, the length of a lath, and may be eight or ten feet the other way and still not be clumsy, being constructed of such light material.

This trap door is an important feature, as it permits the tender to enter easily for removing top soil and replacing with fresh earth or other caring for the birds. The frame material is of 2x2-inch scantling at the corners.

**PEAS AND OATS.**  
I wish to sow three or four acres of well-rotted and manured ground this spring with peas and oats. Can I sow my peas and plow them under (plowing shallow), then narrow, sow my oats and harrow them in and get a good crop, or would you advise drilling oats and peas together?—C. L. M. [If the soil is not too heavy, if it is a sandy loam, the peas may be plowed under to a depth of four inches. On clay loams it is well to sow with grain drill, hitching up the neck straps short and weighting the teeth of the drill to sow deep. Experience has shown that the oats may be sown later, when the peas have sprouted, sowing broadcast, then harrowing in lightly to bury the oats and to kill the little weeds. At the experiment stations this method has worked well. So also has the method of sowing both sorts of seed together, though the peas should be drilled in much deeper than the oats. The peas also should be sown earlier than the oats to give them a fair start.—Country Gentleman.]

**FORSYTHIAS.**  
The most glorious flowering shrub for very early spring is the forsythia, also known as golden bell. It grows to a height of eight and even ten feet, and has a wonderful yellow flame of blossoms that absolutely hide the branches before a single leaf appears. The branches arch over and make a delightful shrub that is satisfactory all the year. It will make its finest show if planted against a dark background. Give each plant plenty of room, for the branches will spread widely and will finally bend to the earth again and root at the tips.

It is little troubled by insects, and needs only slight pruning. There are several varieties. The one described here is forsythia suspensa, and it is by far the most satisfactory. Young plants, from two to three years old, and about two feet high, can be bought for twenty-five cents each. For a fine group, plant three or four of these, giving each plant from four to five feet of clear space around it. One plant will be sufficient for a small place. Do not set this shrub in the middle of an open space. It needs background.—Indianapolis News.

**NEWLY SET PLANTS.**  
Newly transplanted plants always demand more or less protection from the blighting effects of too much sun and wind. It is best achieved by making a shelter such as is shown in the cut.

Two ten-foot poles and two three-foot pieces of any convenient thickness for the crosspieces, with four fourteen-inch weatherstrips for the legs, constitute the frame. In the middle of it two hooks should be inserted on each side, and upon these the covering fastened, which can thus be adjusted very quickly. The covering may consist of burlaps or any kind of rough sackings.

**GETTING CLOVER STARTED.**  
In some sections of Illinois there has not been much headway made in getting clover started. It seems that on some fields the clover plants do tolerably well, so long as they have shelter of the nurse plants. But when the nurse grain is taken off the plant soon turns yellow and dies. We have all presumed that clover failure was due to soil acidity, or to lack of humus, but clover often fails where neither of these things should be the cause. It has also been commonly supposed that clover would run out after a few years, that is, it would sicken and die. It appears that clover exhausts certain elements of the soil; and while a piece of land may not grow clover, it may produce abundantly of other crops. But this does not help us out of the matter of getting a fresh piece of land set. I have always advised liberal manuring of old fields which were to be seeded, but this will not always fetch clover. We must look further. The Tennessee station has discovered an anthracnose, fungus growth, which may be the source of the trouble. This attacks newly seeded as well as old fields, and as yet no means have been found to combat it.—L. C. B., in the Indianapolis Farmer.

**Frames to Protect Small Plants.**  
Being so simple and economical to make, it is advisable to have enough frames to protect the number of tender plants that are set out in a garden at one time, says Farm and Home. They possess other advantages than sheltering the young things from the direct rays of the sun. They allow slow evaporation, and so keep newly watered ground moist for hours, whereas if exposed to the sun and wind it would soon become dry and baked. On windy days it is necessary to let the sackings down on the windward side of the shelter. In case of frost the protection that they afford is of inestimable value.

**AN UP-TO-THE-MINUTE ASSISTANT.**  
Assistant to country editor—"How's this obituary?"  
Editor—"Why, it's my own."  
"Yes. That Haskins chap—the dead shot—was in here yesterday looking for you with a gun and I thought if anything should happen you might like to correct the proofs beforehand."—Life.

The great Oxford dictionary, which has been under way for a generation, has reached "pre."

# HORTICULTURE HINTS

**FOR SAN JOSE SCALE.**  
Lime sulphur washes for San Jose scale are suitable only for the treatment of trees which are in a dormant state, being much too strong for application to trees in foliage. Experiments indicate that the best results follow applications in spring just before the growth of the tree begins.—Weekly Witness.

**CUT YOUNG TREES.**  
Low headed apple trees are now generally grown in commercial orchards. The time to start the trees to be low headed is in the early maturity of the young trees when transplanted to the young orchard. It often takes courage to cut back the top of the young fruit trees, but it should be done when a low tree is desired.—Farmers' Home Journal.

**PENTSTEMONS.**  
There is something very charming about a bed of Pentstemons in bloom—a "saintness" that to the lover of old-fashioned garden blossoms never fails to appeal. Seed sown now in heat and brought on in the company of stocks, asters, etc., will furnish plants that will give both bloom and beauty in August. Like many other plants, Pentstemons respond to good culture, and a bed of loamy soil enriched with half-rotted dung will suit them.—Indianapolis News.

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# SCIENTIFIC & INDUSTRIAL

An English scientist says the North Pole is moving.

The increasing popularity of the self-playing piano has induced inventors to extend this style of music to other instruments. The most recent is an automatic sheet music cornet, patented by a Chicago man. Like the piano player, the music is on a perforated roll.

In genuine Havana tobacco there is not more than two per cent. of nicotine. In French tobacco about six per cent., and in our Old Dominion product a little over seven per cent. In the Blue Grass tobacco at least eight per cent. and the Sumatra leaf of Connecticut contains about six per cent.

The old suspicion that tobacco effects the heart and even plays some part in arteriosclerosis—the dreaded thickening of the arterial walls so common in human decay—has been confirmed by Zebrowski, a Russian physician. Rabbits inoculated with tobacco extract, with nicotine and with adrenalin, all showed marked thickening and dilatation of the walls of the aorta, or main artery.

The Alpine Journal publishes a full account of the recent ascent of Kabru, near Darjeeling, by two Norwegian climbers, Messrs. Monrad-Aas and Rubenson. The height of the peak, according to the Indian Survey measurements, is 24,015 feet. The oncoming of darkness turned the climbers back before they could quite reach the top; but they report that they pitched their highest camp at 22,000 feet, and succeeded in attaining an elevation of "about 23,000 feet." This, so far as is known, is a record.

A special inflammation of the eyes—ophthalmia electrica—seems to have become common among workers with electric light apparatus, and now Dr. Cneltzer has pointed out to the Berlin Medical Society that the trouble may result from very brief exposure to strong glare. In an electric melting of iron at an engine factory an enormous arc of fifty thousand candle power was produced. Workmen passing within six or eight yards were warned not to linger, yet on the next day twelve of the men sought medical advice, reporting pain in the eyes, profuse lachrymation, spasm of the eyelids and headache. Ultra violet rays are the suggested active cause.

The usual method of using solar heat has been to concentrate the sun's rays by mirrors; but in the simpler apparatus with which Frank Shuman has been experimenting at Tacona, Pa.; the direct rays have been made to heat a boiler box with a double glass top. An air space of one inch between the two layers of glass forms a jacket preventing escape of heat by radiation. Water in the pipes generated steam with a pressure of fifteen pounds, which was made to drive an engine, and by employing either a pressure of ninety pounds was reached. In warm climates a good working pressure is expected from water, thus solving the perplexing power problem of tropical lands.

**A Vegetable Lizard.**  
An attache of the Smithsonian Institution tells of a curious inhabitant of tropical forests called the lizard tree, but which, as he remarks, might well be termed the centipede plant.

This singular growth consists of a stem jointed like a bamboo, with green leaves growing directly from the bark, and slender white roots springing from the joints, with which it maintains its hold upon the bark of the tree whereon it grows. When it has attained a length of three or four feet the lower sections of the lizard plant drop off, and, fastening upon any convenient object, begin their independent growth.

When thus growing upon the ground, if the plant encounters a tree, it immediately begins to ascend the trunk.—Citrograph.

**A Monster Spring.**  
No State in the Union has larger or more numerous springs than Florida. Many of them form good sized streams from the start and some of them are navigable. The largest spring in the State, and one of the largest and probably the best known in the United States, is Silver Spring, which is located six miles east of Ocala. This spring forms the source of the Oklawaha River, a tributary of the St. John's, and steamboats traversing the river enter the spring basin, which has an area of several acres. The water is from twenty-five to thirty feet deep and is wonderfully clear, appearing absolutely devoid of color.—Minneapolis Journal.

**IS CHRISTIANITY DECLINING?**  
The Rev. Thomas Dixon Points Out Slumps in Churches.  
There are fewer Baptists, Methodists and Presbyterians in New York today than there were 25 years ago, though the city's population has been more than doubled. The rapid extinction of churches of these denominations in Manhattan during the past decade shows this. In 1890 the Baptists reported 64 churches. Last year they only claimed 48. Many of these claims are pitiful absurdities—mere names of mission halls and soup kitchens, supported by the charity of one or two rich men. One-half of them represent hopes as yet unfulfilled, declares Thomas Dixon, Jr., in Broadway Magazine.  
The same thing is true of the Methodists, who reported 73 churches in 1896 and only claim 59 in 1907. The Presbyterians reported 71 in 1896 and only 57 last year.  
In the year 1840 New York City had one church to every 1,800 in population. Last year we could not find one church to 4,000 population, counting all our soup kitchens and mission halls as "churches."  
There are many sections of the city which are practically pagan. One district of 16,000 population, which is typical of many more, has one saloon to 111 inhabitants, and one church to 8,196.  
In another large district there are some 50,000 inhabitants, with a saloon to every 10,000. In the section between Twenty-fourth and Fifty-ninth streets west of Ninth avenue there is but one church to 15,000; while the district between Fortieth and Sixty-fourth streets west of Tenth avenue contains 46,563 people, and has but one church.

And the sad part of the story is that many of these churches that are reckoned on the map as living and performing their duties to these vast populations are dead and don't know it.  
**Crime Increasing.**  
Crime is increasing rapidly in New York city. There were more complaints, more indictments, more charges preferred and more cases tried during the last half year than in any six months in the history of the city, and the increase has been in much larger proportion than the increase in population, which is estimated at 65,000.

**Catarrh Cannot Be Cured**  
With LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surface. Hall's Catarrh Cure is not a quick medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free.  
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**Electric Heat for Plants.**  
The growth of plants is known to be stimulated by weak electric currents applied to the soil, but it has not been supposed to be economical to use electricity for conversion into heat for warming hotbeds, as has been done by G. Hartman in his experiments at Turbine, Ont. His heater consists of about 260 feet of one-twelfth-inch iron wire wound in seven two-inch coils on one and one-half-inch iron pipe, the coils, connected in series, being mounted on porcelain knobs on a piece of asbestos board. A frame about 6 by 8 feet in size has a floor, on which is about five inches of soil, and the top of the frame is covered with two sashes. The heater is placed under the floor. Current is taken from a 110-volt circuit, but the energy actually received last year was fifteen amperes at eighty volts. This gave sufficient heat. The hotbed was kept quite warm, and tender flowers and vegetables developed rapidly in the early spring weather.

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The laymen of the various denominations in Atlanta have pledged themselves to raise \$100,000 for foreign missions during the coming year.  
A new process has been discovered in China by which ramie fiber becomes a soft flanne in a few minutes.

**EPILEPSY ITS TRIAL**  
New Discovery and Treatment  
will give them immediate relief, and all you are asked to do is to wait for a Free Bottle of Dr. May's  
**EPILEPTIC CURE**  
Complete with Food and Drug Act of Congress June 30th 1906. Complete directions, also testimonials of CURES, etc. FREE by mail. Express Prepaid. Give Age and Full Address.  
W. H. MAY, M. D., 548 Pearl Street, New York.

**PAIN CURE**—A guaranteed vegetable home-made remedy for external and internal pain, coughs, colds, catarrh. Acts like magic. Simple, safe, sure. In powder form, by mail, 25c. Pain Cure Co., 147 W. 56th St., N.Y. City.  
P. N. U. 22, 1905.

**WIDOWS' PENSIONS** under NEW LAW obtained by JOHN W. MORRIS, Washington, D. C.

**WE GIVE AWAY OVER 1000**  
Valuable Household and Fancy Articles Free, in Exchange for Carton Tops and Soap Wrappers from "20 Mule-Team" Borax and "20 Mule-Team" Borax Products. Send Postcard for 40-page Illustrated Catalogue. Address  
**PACIFIC COAST BORAX CO., NEW YORK.**

**SKREEMER SHOE**  
FOR MEN  
The standard average of the bottom of the male foot dictates the shape of SKREEMER shoes. They fit because they are scientific in structure. They have fit along with smart style. Look for the label. If you do not find these shoes readily, write us for directions how to secure them.  
FRED. F. FIELD CO., Brockton, Mass.

**W.L. DOUGLAS SHOES**  
\$3.00 SHOES AT ALL PRICES FOR EVERY MEMBER OF THE FAMILY.  
MEN, BOYS, WOMEN, MISSES AND CHILDREN.  
W. L. Douglas shoes are made of the finest materials and are the most comfortable shoes in the world. They are made in the U.S.A. and are of greater value than any other shoes in the world today.  
W. L. Douglas 64 and 65 Gift Edge Shoes Cannot Be Equaled At Any Price.  
W. L. Douglas shoes are made and priced to stamp out cheap shoes. They are made by the best shoemakers in the world. Send for the new illustrated catalogue to any address.  
W. L. DOUGLAS, Brockton, Mass.



**MISS SOPHIA KITTLESEN.**  
**HEALTH VERY POOR—RESTORED BY PE-RU-NA.**

**Catarrh Twenty-five Years**  
—Had a Bad Cough.  
Miss Sophia Kittleesen, Evanston, Illinois, U. S. A., writes:  
"I have been troubled with catarrh for nearly twenty-five years and have tried many cures for it, but obtained very little help.  
"Then my brother advised me to try Peruna, and I did.  
"My health was very poor at the time I began taking Peruna. My throat was very sore and I had a bad cough.  
"Peruna has cured me. The chronic catarrh is gone and my health is very much improved.  
"I recommend Peruna to all my friends who are troubled as I was."

**PERUNA TABLETS.**—Some people prefer tablets, rather than medicine in a fluid form. Such people can obtain Peruna tablets, which represent the medicinal ingredients of Peruna. Each tablet equals one average dose of Peruna.

**Man-a-lin the Ideal Laxative.**  
MANUFACTURED BY PERUNA DRUG MANUFACTURING COMPANY, COLUMBUS, O.

**Curbing the Chauffeurs.**  
A Seattle (Wash.) jury has found guilty of murder an automobilist who ran over and killed a little girl. Conviction is in the second degree, carrying a penalty of from one to 20 years' imprisonment and a fine of \$5,000. A Boston automobilist who caused the death of a woman has been held for court and an effort is to be made to provide another object lesson for criminally careless chauffeurs. The police authorities of Chicago and leading automobile owners and dealers have joined hands in an endeavor to suppress the scorching motorists, and the penalty for infraction of the speed laws hereafter is to be imprisonment instead of a fine.

The laymen of the various denominations in Atlanta have pledged themselves to raise \$100,000 for foreign missions during the coming year.  
A new process has been discovered in China by which ramie fiber becomes a soft flanne in a few minutes.

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will give them immediate relief, and all you are asked to do is to wait for a Free Bottle of Dr. May's  
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W. H. MAY, M. D., 548 Pearl Street, New York.

**PAIN CURE**—A guaranteed vegetable home-made remedy for external and internal pain, coughs, colds, catarrh. Acts like magic. Simple, safe, sure. In powder form, by mail, 25c. Pain Cure Co., 147 W. 56th St., N.Y. City.  
P. N. U. 22, 1905.

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