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 C. I. 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.' Heretofore 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 Beyreuth, November 24, 1813, the year of Wagner's birth, and, strangest of all, it was written in the place where the wish was later realized."

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Why Naval Uniforms Are Blue.

Naval 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 like 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 to it since.—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 swung 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 Propectiles.

The alpha particle of radio-active matter 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—boiled 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.

TO GROUND WIRE FENCES.

Every farmer should know how to ground wire fences. Simply thrust a length of heavy wire down the side of the post and staple to the fence wire where they cross. This may protect the lives of cattle and horses and thereby prevent quite a financial loss.—M. A. Pientner, in The Epitomist.

USING UP THE FORESTS.

The total annual use of wood in this country is estimated by different authorities from 100,000,000,000 to 150,000,000,000 feet, and the total area of the United States from 500,000,000 to 700,000,000 acres. The annual consumption of wood is estimated at probably three times the annual growth.—American Cultivator.

A POINT IN STOCK RAISING.

There is one point connected with stock raising which should always be considered, and that is the fact that the animals are the home customers of the farm. They provide a market on the farm for many articles that could not be sold, and when driven to the stock yards to be sold they represent the value of the food supplied to them.—Epitomist.

IT WAS GOOD ADVICE.

The advice of the late Henry E. Alvord, chief of the Dairy Division of the Department of Agriculture, and a practical farmer with regard to the raising of bulls, was good. Accustom the bull, he said, to being handled from calfhood, but without fondling or encouraging frolic. Give him kind, firm and unvarying treatment, and keep him always under subjection, that he may never know his strength and power.

POINTS IN HORSE BUYING.

The feet and legs of the horse are all important, but many farmers do not understand this, or else are indifferent to the fact that they not only add to or mar the beauty of the animal, but affect his usefulness as well. The picture shows the kind of legs to avoid. The first

horse stands fairly well on his legs; the knees and toes are square to the front, and about the same distance apart at the arms and ankles. The second horse will strike the hind shoes against the front in trotting. The third horse's feet are much too wide apart and denote a bad stumbler. The fourth horse will interfere at the ankles because the toes are turned out.—Home and Farm.

GOOD GROWTH ON SKIMMILK.

At the Kansas Experiment Station, four steers raised on skimmilk weighed an average of 724 pounds each at twelve months; nine heifers fed on skimmilk averaged 564 pounds at the same age. At the Iowa Experiment Station eight skimmilk calves averaged 564 pounds at eight months; seven steers averaged 535 pounds at eight months. At the Omaha Exposition the best Shorthorn steer on exhibition was raised on skimmilk.—American Cultivator.

GUARD AGAINST DISEASE.

It is always easier to guard against disease than it is to cure it. Therefore, pay special attention to the hygenic conditions of the poultry yard, that is, see that the birds have sound, wholesome food, clean water, suitable housing, sufficient house and yard room, and absolutely clean and sanitary surroundings. All these things are just as important in the summer time as in the winter, with the added danger of one being apt to neglect them at this time.—Farmers' Home Journal.

LINSEED OIL MEAL.

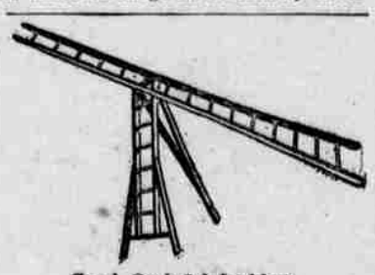
Chemical analysis shows that old-process linseed oil meal contains an average of about five per cent. of nitrogen, two per cent. of phosphoric acid and one and a half per cent. of potash. Nitrogen may be purchased in nitric of soda at fifteen cents per pound, phosphoric acid in raw bone meal at about five cents and potash in muriate of potash at four and a half cents, these being among the cheapest commercial sources of fertilizing substances. New process linseed oil contains about one per cent. more nitrogen than the old-process. As it has been demonstrated that not more than one-third of the fertilizing value of a feeding stuff is lost in feeding, provided the manure be carefully saved, and used, linseed meal offers a cheap source of fertility to the farmer.—Epitomist.

STRAWBERRY LAND.

The strawberry bed should be on an elevated plat of land so drainage will be perfect. If it is not, ditch it out so water will not stand on the plants after rain. While the plants need an abundance of moisture, they will perish if there is an excessive supply of water.—Farmers' Home Journal.

THE ORCHARD LADDER.

It is admirable to use ladders as much as possible in pruning, as climbing in the trees with heavy shoes is likely to injure the limbs more or less by barking. Most of the pruning can be done with the step-ladder except on quite large trees, and one eight feet in height is about as large as ordinarily advis-



Good Orchard Ladders.

able to use, and they should always be of the tripod style—having a broad base for the main part and supported by one leg.

A three-legged step-ladder will stand firmly on uneven ground and is quickly set, while the ordinary step-ladder of that height is dangerous to use in orchard work. For very tall trees, long, single ladders may be necessary.

Most orchard pruning is done in late winter and early spring because that is the most convenient season.

STARTING THE QUINCE RIGHT.

The quince is a fruit decidedly national as to location and soil. For best results, a deep, rich loam has been found favorable, in a location containing plenty of moisture yet not in a soil at all sour or stagnant.

To get fine, large fruit plenty of plant food must be ever at hand for the growing rootlets. Quinces, in particular, delight in sending out their feeding roots only a little below the surface, so in cultivation, remember the plow or cultivator teeth should not be run deep and close to the trees. Some years may be required to overcome a vigorous root pruning caused by too close cultivation.

In the fall a covering of well rotted, rich, fine manure should be spread evenly under the tree as far as the branches extend. Fork this in well in the spring, and then mulch with some coarse material, or stir the soil once a week or so with hoe. The orange quince is the standard variety.—F. H. Plumb, in the American Cultivator.

MANURAL CROPS.

Many suggestions have been made in favor of renovating land at small cost by plowing under green crops. Of the crops recommended may be mentioned clover, cow peas, soja beans, rye and even corn and millet. There is another crop, however, which has been somewhat overlooked, and which can be grown on almost any soil, and that is turnips. The turnip crop may be seeded early for that purpose, or need not be planted until July or even August, and it grows rapidly, being off the land in a short time. On medium lands from thirty to forty tons can be grown, and the tops are more valuable for turning under than are the bulbs. English farmers grow turnips, allow sheep to feed on them, and then turn them under as a manural crop. Turnips may be broadcasted on well-prepared lands, using plenty of seed, and they will soon cover the ground. Crops are grown in this way in our southern States, and the cost is but little, as they require no cultivation when the seed is broadcasted.—Epitomist.

THE PEONY.

There is no reason why any one, with country premises or roomy yards, should not succeed in growing peonies. Planted in deep shade, they are not particular as to soil or location, and once established will bloom better if never disturbed. They are, in truth, as hardy as oaks, and large clumps being always more effective than small ones, that is the way in which they should generally be grown.

Autumn is the best time of the year for setting peonies, and if strong plants are only procured they can usually be made to blossom the first summer. My method of setting the plants is to dig the holes deeper than they require and put some fertilizer, like well rotted horse manure, in the bottom of them. Having sprinkled over this some dirt, I place the plants in position and then fill around them with earth, packing it in well, until a level with the surrounding surface is reached. I have set out peonies many times in this way, and never once had them fail to do well. Further than keeping the grass from "choking" them, I give them no cultivation whatever, but apply liquid manure around them from time to time during the summer. In this way I have made peonies do exceedingly well where there was no shade at all for them except late in the afternoon.—Fred O. Sibley, in the American Cultivator.

ALL RUN DOWN.

Miss Della Stroebe, who had Completely Lost Her Health, Found Relief from Pe-ru-na 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 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.—Onlooker.

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 housework. 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, evening arrived, and the old gentleman obstinately held out. The other jurors wearily arranged themselves to make a night of it. From time to the old gentleman would contemplatively suck the head of his cane. Finally he fell fast asleep and the cane fell heavily to the floor. Then one of the jurymen 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 its 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 afther changin' me moind!"

ECZEMA SEEMED INCURABLE.

Body was Raw—Discharged from Hospitals 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, Camblewell 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 picturesque 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 11¼ 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 preventitive and curative food for rheumatism and gout. Consumptive and anemic people will also be greatly benefitted 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.

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

Lena V. Henry, of Norristown, Ga., writes to Mrs. Pinkham:

"I suffered untold misery from female troubles. My doctor said an operation was the only chance I had, and I dreaded it almost as much as death.

"One day I read how other women had been cured by Lydia E. Pinkham's Vegetable Compound, and I decided to try it. Before I had taken the first bottle I was better, and now I am entirely cured.

"Every woman suffering with any female trouble should take Lydia E. Pinkham's Vegetable Compound."

FACTS FOR SICK WOMEN.

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

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

THE DAISY FLY KILLER destroys all the flies and affords comfort to every house—in dining room, sleeping room and all places where flies are troublesome. Clean, neat, and will not soil or injure anything. Try them once and you will never be without them. If not kept by dealers, sent prepaid for 20c.

HAROLD SOMERS, 149 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. Depots: London, 27, Charterhouse Sq.; Paris, 5, Rue de la Paix; Australia, R. Towns & Co., Sydney; India, B. K. Paul, Calcutta; China, Hong Kong Drug Co.; Japan, Maruya, Ltd., Tokio; Russia, Ferrein, Moscow; So. Africa, Lennon, Ltd., Cape Town, etc. U.S.A., Porter Drug & Chem. Corp., Sole Props., Boston. Post Free, Cuticura Booklet on the Skin.

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 Gherkins 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.

P. N. U. 32, 1908.

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

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

EVERY MAN HIS OWN DOCTOR

By J. HAMILTON AYERS A. M., 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 always cure. 598 Pages, Profusely Illustrated. 60c. postpaid. Send postal notes or postage stamps. BOOK PUB. HOUSE, 134 Leonard St., New York.

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.

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