

# Habitual Constipation

May be permanently overcome by proper 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

**Constituents of Soil.**  
One acre of soil of medium fertility taken to depth of nine inches, would weigh about 3,000,000 pounds, and contain nitrogen, 2,000 pounds; potash, 6,000 pounds. There is enough nitrogen to provide for ten crops of corn, 60 bushels to the acre, while the phosphoric acid and potash would last much longer. There are fourteen elements necessary to plant life, and of these carbon, hydrogen, nitrogen, oxygen, phosphorus, sulphur, chlorine, silicon, calcium, iron, magnesium, potassium and sodium are derived from the soil, though several are also in part derived from the air.

## THE TIME TEST.

That is What Proves True Merit.

Doan's Kidney Pills bring the quickest relief from backache and kidney troubles. Is that relief lasting? Let Mrs. James M. Long, of 113 N. Augusta St., Staunton, Va., tell you. On January 31st, 1903, Mrs. Long wrote: "Doan's Kidney Pills have cured me" (of pain in the back, urinary troubles, bearing down sensations, etc.) On June 20th, 1907, four and one-half years later, she said: "I haven't had kidney trouble since. I repeat my testimony."

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

**Gas Made Heavy.**  
Gas so dense as to sink in a liquid was a singular result of a late experiment by Dr. Kammerlugh Onnes. A mixture of hydrogen and helium in a capillary tube plunged into liquid hydrogen was compressed beyond 49 atmospheres, when the hydrogen became almost entirely liquefied and a bubble of helium was seen to descend into it. As the pressure was released, the helium rose again and floated on the surface of the liquid.

**Wickerwork Boats.**  
The novel lifeboat of C. J. F. de Vos of Rotterdam has a hull made entirely of cane or wickerwork, and is claimed to possess numerous advantages. It is practically unbreakable, and unsinkable. It is not liable to leakage, requires no protective painting, is cheaper than other boats, lighter than ordinary wooden boats and has more than the usual room for storing provisions and water.



This woman says that after months of suffering Lydia E. Pinkham's Vegetable Compound made her as well as ever.

Maude E. Forgie, of Leesburg, Va., writes to Mrs. Pinkham:

"I want other suffering women to know what Lydia E. Pinkham's Vegetable Compound has done for me. For months I suffered from feminine ills so that I thought I could not live. I wrote you, and after taking Lydia E. Pinkham's Vegetable Compound, and using the treatment you prescribed I felt like a new woman. I am now strong, and well as ever, and thank you for the good you have done me."

## 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.

37 bottles with weak eyes, Thompson's Eye Water

# How the Weather is Foretold

An Elaborate System Whose Reports Grow More and More Accurate.

Few topics in hot days have been discussed more freely than the weather. Few on taking up their morning papers who do not first glance at the forecast to note the predictions for the day. These have now come to be so consistently accurate that there is no longer any surprise in the diurnal discovery that the Weather Bureau is right about the weather. Which should make interesting the following dissertation on the quiet, unostentatious, but certain way in which this bureau does its work—a work far more important and far reaching than would be imagined by any one not conversant with the subject.

The establishment of the bureau was entirely gratuitous activity on the part of the General Government. It was entirely beyond the contemplation of the founders of the Constitution, and was legalized only by the general welfare clause of the Constitution. Begun in 1870, in consequence of the growing interest in matters relating to meteorology and for the purpose of giving storm warnings to vessels, it was at first under the direction of the army. This anomaly between ships and soldiers may be explained by the fact that upon the Signal Corps in those days devolved the duty of maintaining telegraphic service to complete gaps in private lines—this to the end that the Government might have communication throughout all the States and Territories.

Although originally designed for the benefit of navigation alone, an ever-broadening recognition of the practical utility of such a service has necessitated its continued extension in the interest of both agriculture and commerce. During the first twenty years of its development the work was conducted by the Signal Corps of the army, under the direction and control of the War Department, but the demand for a strictly scientific bureau, unhampered by regulations of a military character, resulted in a reorganization of the service in 1891 and the establishment of the present Weather Bureau as a branch of the United States Department of Agriculture.

## How Forecasts Are Made.

To the general public the Weather Bureau is probably best known through the medium of its daily forecasts and weather maps. These forecasts are based upon simultaneous observations of local weather conditions taken daily at 8 a. m. and 8 p. m., seventy-fifth meridian time, at about 200 regular observing stations scattered throughout the United States and the West Indies. Each of these stations is operated by one or more trained observers, and is equipped with mercurial barometers, thermometers, wind vanes, rain and snow gauges and anemometers, and many of them with sunshine recorders, barographs, thermographs and other devices which register automatically a continuous record of the local weather conditions and changes as they occur.

The results of the twice daily observations are immediately telegraphed to the Central Office at Washington, D. C., where they are charted for study and interpretation by experts trained to forecast the weather conditions which may be expected to prevail during the following thirty-six to forty-eight hours.

A complete telegraphic report includes the following data:

Temperature, pressure, precipitation, direction of wind, state of weather, current wind velocity, maximum or minimum temperature since last observation, and kind and amount of clouds, with the direction of their movement. From these data the forecaster, by comparison with preceding reports, is able to trace the paths of storm areas from the time of their appearance to the moment of observation, and approximately determine and forecast their subsequent courses and the occurrence of other weather conditions.

Weather services similar to that of the United States are maintained by the Canadian and Mexican governments, and by a system of interchange daily reports are received from a number of stations in these countries. Daily observations are also received from Honolulu, the British Isles, Germany, France, Portugal and the Azores, so that the field represented by the daily reports extends over the greater portion of the North American continent having telegraphic communication, the North Atlantic Ocean and the west coast of Europe.

## Covering the Country.

The system for the collection and distribution of telegraphic reports of observations is so arranged that all of the principal stations in the United States receive 8 a. m. reports from a sufficient number of other stations to represent the general weather conditions over a considerable portion of the country.

Within two hours after the morning observations have been taken the forecasts are telegraphed from the forecast centres to more than 2100 principal distributing points, whence they are further disseminated by telegraph, telephone and mail. The forecasts reach nearly 160,000 addresses daily by mail, the greater part being delivered early in the day, and none later, as a rule, than 6 p. m. of the day of issue, and more than a million telephone subscribers, mainly in the rural districts, receive the forecasts by telephone within an hour of the time the prediction is made.

This system of forecast distribution is wholly under the supervision and at the expense of the Government, and is in addition to and distinct from the distribution effected through the press associations and the daily newspapers. The rural free mail delivery system and rural telephone lines afford means of bringing within the benefits of this system a large number of farming communities which before it was impracticable to reach with the daily forecasts. The independent rural telephone lines are being utilized to their fullest extent, and this plan of distribution has been enlarged to cover the entire telephone service of many States.

Of the many warnings sent out by the Weather Bureau those of storms and hurricanes, issued for the benefit of marine interests, are the most important and peculiarly valuable. Storm warnings are displayed at nearly 300 points along the Atlantic, Pacific and Gulf coasts, and the shores of the great lakes, including every port and harbor of any considerable importance, and so nearly perfect has this service become that scarcely a storm of marked danger to maritime interests has occurred for years for which ample warnings have not been issued from twelve to twenty-four hours in advance. The reports from the West Indies are especially valuable in this connection, as they enable the bureau to forecast with great accuracy the approach of those destructive hurricanes which, during the period from July to October, are liable to sweep the Gulf and Atlantic coasts. The sailings of the immense number of vessels engaged in our ocean and lake traffic are largely determined by these warnings, and those displayed for a single hurricane are known to have detained in port on our Atlantic coast vessels valued, with their cargoes, at over \$30,000,000.

An essential feature of the service is the collection by wireless telegraphy of meteorological observations from vessels at sea, and the dispatch by the same means to vessels at sea of weather forecasts and storm warnings based upon the observations thus collected.

The warnings of those sudden and destructive temperature changes known as cold waves are probably of next importance. These warnings, which are issued from twenty-four to thirty-six hours in advance, are disseminated throughout the threatened regions by means of flags displayed at regular Weather Bureau and sub-station stations, by telegraph, telephone and mail service to all places receiving the daily forecasts, and to a large number of special addresses in addition.

Railroads regulate the size and movement of their freight trains, ice men prepare for harvesting, and many plans of business and pleasure are made on the expectation of the conditions forecast. The warnings issued in January, 1896, for a single cold wave of exceptional severity and extent resulted in the saving of over \$3,500,000 in the protection of property from injury or destruction.

The commerce of our rivers is greatly aided and lives and property in regions subject to overflow are protected by the publication of the river-stages and the issue of river and food forecasts based on reports received from about 500 special river and rainfall stations. On the occasion of the flood of 1897 in the Lower Mississippi Valley, live stock and other movable property to the estimated value of about \$15,000,000 were removed from the inundated regions prior to the flood as a result of the warnings by the bureau a week in advance of the occurrence.

## Benefit to Travelers.

From the information as to climatic conditions made known through the reports, invalids and tourists are enabled to select the localities best suited to their health and pleasure, and manufacturers and agriculturists the regions best adapted for the carrying on of their particular industries. By the recent extension of the system of snowfall observations throughout the mountain regions adjacent to the great plains, it has been made possible to forecast the probable flow in the rivers of the arid regions, a factor of great importance in irrigation.

The records of the bureau are of frequent use as evidence in courts of law, for which purpose they have been decided competent by the Supreme Court of the United States.

The conduct of the regular stations of observation outside of Washington requires the constant service of about 530 and the business of the Central Office at Washington of about 185 employees.—New York Times.

## The So-Called Frost Flowers.

The phenomena called "frost flowers" was discussed before the Biological Society in Washington recently by Dr. Walters. The so-called flowers are composed of ice that forms on frosty mornings in autumn and early winter on certain plants. The peculiar thing to be explained is that frost flowers do not form on all plants, but only on about twenty-six species, as far as yet known. Among these are frostweed, dittany, marsh fleabane and cultivated heliotrope. The phenomena is apparently due to capillary movement of water in the plant, but a wholly satisfactory explanation is lacking.

## Recipe for a Political Campaign.

Take the roots of several ripe questions and cover them well with equal parts of fudge and dead beats. Add one modicum of sense and a number of great scoops of nonsense. Some of the more fastidious often add a pinch of progress, but this is not absolutely necessary. Stir in some carefully selected verbiage strained through a rhetorical colander. Beat vigorously until the enthusiasm rises to the top, and then drop in a handful of candy-dates.

It is then ready for the griddle, which is best made in the shape of a platform constructed from well-worn planks.

Now let the whole thing boil and bubble for several months. If it should not rise well, add newspapers. When it is at white heat, garnish liberally with long green. Now let the steam off and set aside to cool. Preserve in alcohol for future use.

A political campaign should be served in gum shoes, and should also be taken with a grain of salt.—Success Magazine.

## BABY CRIED AND SCRATCHED

All the Time—Was Covered with Torturing Eczema—Doctor Said Sores Would Last for Years—Perfect Cure by Cuticura.

"My baby niece was suffering from that terrible torture, eczema. It was all over her body, but the worst was on her face and hands. She cried and scratched all the time and could not sleep night or day from the scratching. I had her under the doctor's care for a year and a half and he seemed to do her no good. I took her to the best doctor in the city and he said that she would have the sores until she was six years old. But if I had depended on the doctor my baby would have lost her mind and died from the want of aid. But I used Cuticura Soap and Cuticura Ointment and she was cured in three months. Alice L. Dowell, 4769 Easton Ave., St. Louis, Mo., May 2 and 20, 1907."

## Busy Missouri Acre.

One acre in Missouri well fertilized, has produced 600 to 800 bushels of onions in a season. Onions always are in demand and at good prices. Tomatoes are a favorite specialty with men engaged in truck gardening near Kansas City, because of the high price they bring in the early spring. The Brus farm, on Blue Ridge boulevard, 10 miles east of the city, sends tomatoes to the hotels at \$3.50 and \$4 a bushel. These are grown from hot bed plants. As soon as one crop is picked another is ready. At the lower rate of \$3.50 a bushel one acre of tomatoes would give an income of \$1,050 a year. Take off enough ground to grow the varied vegetables needed for the family and enough will remain to give the intensive grower of tomatoes \$900 or \$1,000 in a year. If he made only half that much it would be more than he could save in the city.

## Herkomer and His Father.

A beautiful story is told somewhere of Sir Hubert Herkomer, the great painter. His father was a poor man, and the professor brought him from his native land of Germany to live with him in his beautiful home near London. The old man used to mold in clay in his early life, and now that he had leisure he took to it again in his old age. But his hands trembled and the work showed signs of imperfection. It was his one sorrow. At night he went to bed early, and when he had gone his son would go into the study, take his father's poor work and make it as beautiful as possible. When the old man came down in the morning he would look at the work and rub his hands and say, "Ha! I can do as well as ever I did!"—Scholars' Own.

## Time, Not Eternity.

On one occasion when in Congress General Benjamin Butler arose in his place and intimated that the member who occupied the floor was transgressing the limits of debate. "Why, General," said the member reproachfully, "you divided your time with me." "I know I did," rejoined Butler, grimly, "but I didn't divide eternity with you."

## SELF DELUSION

Many People Deceived by Coffee.

We like to defend our indulgences and habits even though we may be convinced of their actual harmfulness.

A man can convince himself that whisky is good for him on a cold morning, of beer on a hot summer day—when he wants the whisky or beer.

It's the same with coffee. Thousands of people suffer headache and nervousness year after year but try to persuade themselves the cause is not coffee—because they like coffee.

"While yet a child I commenced using coffee and continued it," writes a Wis. man, "until I was a regular coffee fiend. I drank it every morning and in consequence had a blinding headache nearly every afternoon."

"My folks thought it was coffee that ailed me, but I liked it and would not admit it was the cause of my trouble, so I stuck to coffee and the headaches stuck to me."

"Finally, the folks stopped buying coffee and brought home some Postum. They made it right (directions on pkg.) and told me to see what difference it would make with my head, and during that first week on Postum my old affliction did not bother me once. From that day to this we have used nothing but Postum in place of coffee—headaches are a thing of the past and the whole family is in fine health."

"Postum looks good, smells good, tastes good, is good, and does good to the whole body." "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.



## SHEEP NOTES.

Every flock needs new blood each year. Clover hay and turnips form the basis of feed.

Deep troughs in which to feed grain should be placed in the lots. Attend to the salt supply and see that the water is pure and abundant.

## A SURE SIGN.

When a milk farmer begins to pick himself up and grow ambitious, one of the surest signs is better stock better fed. When a truck farmer begins to really hustle, he commences by using more manure. Did you ever know a really successful practical farmer who didn't feed well both his cows and his crops?—Boston Cultivator.

## VALUE OF SHEEP.

In one sense sheep might be considered valuable on every farm as much as poultry is. They are not in the way, it costs little to keep them, they are great weed cleaners, they benefit the soil more than any other stock and they practically pay for themselves each year. Many of our side hill pastures that are now almost barren or are simply big weed patches could be returned to profitable grass in a short time if sheep were placed on them.—Farmers' Home Journal.

## PIG NOTES.

Don't allow hogs to sleep in dusty beds.

In summer give pigs the run of the grass.

Farmers with scant pasturage for their hogs should keep the piggeries neat and clean and give the pigs access to shade and water.

The most profitable hog is the one that is farrowed in the spring, kept six or seven months and made to weigh about 200 pounds in that time. It is rarely profitable to keep a hog over winter, unless unusually good quarters are furnished for it.

## POULTRY DOTS.

Be sure that the growing chicks are not crowded in their coops.

Clean the hen house floor and put in three inches of clean sand. Sweep the walls and ceiling and cover both with a coat of whitewash.

Dispose of all the cockerels that will go to market this season before the end of October. The longer you keep them the less profit you will make.

As the supply of bugs and worms grows less, feed more beef scraps and cut fresh bone. Chicks and fowls must have meat food.

Save a good supply of dry leaves for use as scratching material in the poultry house during the winter. It is the cheapest material for the purpose that you can get.

Feed plenty of corn when you fatten the cockerels; it will assist to give their shanks and skin the yellow color desired by most customers.

Look upon the roosts where they rest upon their supports and see if you can find any little red mites. If you find them, paint roosts, supports and the adjoining woodwork with one of the brands of liquid lice killers sold by dealers in 'poultry keepers' supplies.

## SOUTHPORT GLOBE ONIONS.

Connecticut's famous Southport Globe onions stand unsurpassed among popular American varieties of the onion. They are in high favor in some of the finest commercial onion growing districts of Ohio and New York and during a few years past have made a steady advance in standing everywhere as a highly bred, perfect onion. Eastern onion growers use the red and white Southport Globes to produce the exceptionally large, solid, beautifully formed bulbs that bring top prices in New York City markets.

Besides the two varieties named, there is a yellow Southport Globe that resembles the others in shape and general character, but is of a rich yellow color.



Southport White Globe.

The white is one of those beautifully white, perfectly globe shaped onions that take the eye and bring highest price in any market. Its skin is thin and paper like, the flesh fine grained, crisp and mild flavored. Add to this that it is a tremendous cropper, and it represents almost an ideal product in its line.—Weekly Witness.

# Is Pe-ru-na Useful for Catarrh?

Should a list of the ingredients of Pe-ru-na be submitted to any medical expert, of whatever school or nationality, he would be obliged to admit without reserve that the medicinal herbs composing Pe-ru-na are of two kinds. First, standard and well-tried catarrh remedies. Second, well-known and generally acknowledged tonic remedies. That in one or the other of these uses they have stood the test of many years' experience by physicians of different schools. There can be no dispute about this, whatever. Pe-ru-na is composed of some of the most efficacious and universally used herbal remedies for catarrhal diseases, and for such conditions of the human system as require a tonic. Each one of the principal ingredients of Pe-ru-na has a reputation of its own in the cure of some phase of catarrh or as a tonic medicine.

The fact is, chronic catarrh is a disease which is very prevalent. Many thousand people know they have chronic catarrh. They have visited doctors over and over again, and been told that their case is one of chronic catarrh. It may be of the nose, throat, lungs, stomach or some other internal organ. There is no doubt as to the nature of the disease. The only trouble is the remedy. This doctor has tried to cure them. That doctor has tried to prescribe for them.

No other household remedy so universally advertised carries upon the label the principal active constituents, showing that Pe-ru-na invites the full suspicion of the critics.

**MULE TEAM BORAX**  
CLEANS & WHITENS CLOTHES WITHOUT INJURY

All dealers, booklet, sample and Parlor Card Game "WHIZ" free.  
PACIFIC COAST BORAX CO., New York  
Local agents wanted. Write for money making plan.

# Libby's Food Products

## Peerless Dried Beef

Unlike the ordinary dried beef—that sold in bulk—Libby's Peerless Dried Beef comes in a sealed glass jar in which it is packed the moment it is sliced into those delicious thin wafers.

None of the rich natural flavor or goodness escapes or dries out. It reaches you fresh and with all the nutriment retained.

Libby's Peerless Dried Beef is only one of a Great number of high-grade, ready to serve, pure food products that are prepared in Libby's Great White Kitchen.

Just try a package of any of these, such as Ox Tongue, Vienna Sausage, Pickles, Olives, etc., and see how delightfully different they are from others you have eaten.

Libby, McNeill & Libby, Chicago

**THE DAISY FLY KILLER** destroys all the flies and other insects in dining room, sleeping room and all places where flies are troublesome. Clean, neat, and will not soil or injure anything. 75¢ per dozen and you will never be without them. If not kept by dealers, send postal note or postage stamps. BROWN PULVERIZER CO., 124 Leonard St., New York.

**EVERY MAN HIS OWN DOCTOR**  
By I. HAMILTON AYERS, M. D., N. H. 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. 50¢ Pp. Fully Illustrated. Size, 6 1/2 x 9. Sent by mail for 75¢, including postage. BROWN PULVERIZER CO., 124 Leonard St., New York.