

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,
manufactured by the

CALIFORNIA
FIG SYRUP CO.

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

Time to Plant Sweet Peas.

Spring-sown sweet peas bloom early in June, but three or four weeks only be gained by sowing the seeds during the latter part of September. The soil should be rich and well drained, but should additional fertilizer be necessary, give it in the form of phosphates, rather than barnyard manure. Sow the seeds five inches deep, use only black-seeded varieties, and plant a liberal quantity, so as to allow for a little water killing. After the ground has frozen, give it a mulch of straw manure, to prevent alternate freezing and thawing. The cold will not injure sweet peas, but open winter, where the ground is thawing one day and freezing the next, will; the mulch prevents damage from this source.—Suburban Life.

Parcels Post Law.

John Wanamaker says there are just four reasons why Congress will not enact a parcels post law, and those four reasons are, with other big corporations, control Congress and prevent any legislation inimical to their interests. He makes three striking points in his contention, viz: First, the United States is the only civilized country on the globe that hasn't got a parcels post. Second, the people of the United States want, need and should have a parcels post. Third, the people of the United States cannot have a parcels post because the grafters stand between and say, "You shan't."—Kansas City Times.

In recognition of his 25 years of service as pastor of the Old South Church, Boston, more than \$18,000, contributed by more than 500 parishioners, was presented to the Rev. George A. Gordon recently.

The Tennis Champion Says

MAY SUTTON

Tells American Girls How To Be Healthy and Graceful.

SAN FRANCISCO, Cal.

Don't drink coffee.
Don't drink tea.
Don't exercise too much.

These three don'ts constitute the advice of Miss May Sutton, champion woman tennis player of the world, to girls who would go in seriously and systematically for athletics.

Eat what you want.
Take long walks.
Get all the fresh air you can.

These are the three rules Miss Sutton lays down for girls who desire merely to be strong and healthy.

The little champion recently appeared on courts in San Francisco in a series of exhibition matches. It had been reported that she was not in the best of health, but she gave no indication of having "gone back," playing her strong game that made her world's champion, with her same old dash and accuracy.

At the close of the series Miss Sutton was asked to tell what system of training she had found most effective and what, in her opinion, is the best form of exercise and diet for the average American girl. In part she said:

"While I advocate hearty eating, I cannot say too much against the use of tea or coffee. They are nerve destroyers and no one can be healthy who persists in their use.

"Too much exercise is as bad as too little. Walking is the best exercise there is. Early each morning, after drinking a glass of hot water, dressed in loose clothing, I walk for nearly an hour.

"Athletics should receive some attention from every girl. If her time precludes the playing of tennis or golf she should take long walks in the open air, both before the morning and evening meal, throwing the head and shoulders back and taking long, deep draughts of that which money cannot buy but is in reach of the poor as well as the rich—pure air.

"Pure air and a moderate amount of exercise I cannot too strongly impress upon girls as being the only secret of health and grace. Medicine for that out-of-sorts feeling may cause girls to imagine they feel all right, but what they really need is more fresh air and not quite so much sitting around the house in tight-fitting clothes as a great many of them do."

Miss Sutton is declared by physicians to be a perfect athlete. Tennis experts declared that every movement is "a picture."—Lexington (Ky.) Leader.

Postum Cereal Co., Ltd., Battle Creek, Mich., U. S. A.

Wireless Block Signal System.

A new system of block signaling and train control has followed close upon the heels of wireless telegraphy and is founded on the same basic principle.

This system has dispensed with signal posts, used by practically every system. Hertz discovered that electric oscillations produced in a common circuit create a disturbance called an electric wave in the surrounding ether. This—the principle of wireless telegraphy—has furnished a medium to span the gap between the rails and smother train and is something in system is practical for both steam ventors have long sought. This new and electric lines.—Popular Mechanics.

A Hungarian Pompeii.

A dispatch from Budapest announces that a Hungarian archeologist, M. Duda, in certain excavations which he was superintending near Zeibo, in Transylvania, has discovered the site of the ancient Roman city of Porolissum, and is enabled to reconstruct the town. The houses have resisted the ravages of time, being substantially built of brick and adjoining one another. The rooms are very small, but regular in form. M. Duda has also come upon the ancient theater, of great dimensions, which should give some idea of the size of the town. The archeologist considers that Porolissum had a population of 30,000.

We're the Cleanest People.

England brags that her men are the cleanest of all. Stuff and nonsense. In many places in England bathing water is user over and over again. Met get in, take a bath and the water is "purified" and used again and again by others until it wears out or dries up. A fractional part of the English may or may not take a bath every day, but they are always puffing and blowing about it. In the big cities of the United States personal cleanliness far exceeds that of any other people, and a scant few are without bathtubs or use them for purposes other than bathing.—New York Press.

Remarkable Gun.

The McClean-Lissak automatic gun, which has been sent to Canada by the British government, is a remarkable weapon. It is mounted on an automobile truck, and with a supply of ammunition and a crew of 10 men it will travel at a rate of 25 miles an hour and is at all times ready to wheel into position and fire. It will hurl three-pound shells a distance of 3 1/2 miles at a rate of 250 per minute. This missile can be delivered after a stop in half the time it takes up to unlimber the ordinary artillery.—Indianapolis News.

Jealousy.

Abou Ben Adhem advanced his claim. "I never go away in the summer and leave my telephone bell ringing," he announced.

His name leading all the rest, the Jealous said the list was alphabetical, anyhow.—New York Times.

THE SEASON'S NEW DESIGNS



New York City.—Such a blouse as this one will find innumerable uses. It is graceful and attractive, it is becoming to almost all figures, and it is the latest style. The long lines given at the front produce an effect of slenderness, and these linings are faced to form the under-sleeves, while the tucked portions are banded to form puffs. The closing is made invisibly at the back.



The blouse is made over a fitted lining and itself consists of the front back and centre-front. Both the fronts and the back are tucked, but the centre-front is plain, in this instance cut from already tucked material for a portion of its length, from lace above to give the chemisette effect. The sleeves are made over linings, and these linings are faced to form the under-sleeves, while the tucked portions are banded to form puffs. The closing is made invisibly at the back.

Infant's Dress.

The infant's dress that is made with a shaped yoke is a pretty and attractive one, and this model can be embroidered by hand as illustrated or made with yoke of fancy material as preferred. The dress is laid in tiny tucks at the upper edge and can be finished either with a frill or with a hem. It can be made with short or long sleeves and finished with a frill or hem at the lower edge as preferred. Fine white lawn with trimming of embroidery makes the dress illustrated, but all those that are used for babies' dresses are appropriate. The touch of hand work on the yoke means extreme daintiness and a great many dresses of the sort are made with yokes of all-over embroidery or those that are composed of strips of lace insertion, and the model can be utilized in any way.

The dress is made with front and back portions, which are tucked and



joined to the shaped yoke, and the seam is concealed by the trimming. The sleeves are full and gathered into bands and a little frill finishes the neck edge.



Princess Gowns.

The gown cut princess to below the hip line and there completed with a deep flounce affords additional space for embroidery, a line extending quite around at the top of the flounce above the connecting seam.

Fashionable Colors.

Among the established tones of colors to be worn this season are: Mauve, cerise, bluet, lime green, linden green, king's purple.

Bronze Leather Belts.

The shops are showing belts of bronze leather to match the pumps of the same leather which have been so popular.

Afraid of Ghosts

Many people are afraid of ghosts. Few people are afraid of germs. Yet the ghost is a fancy and the germ is a fact. If the germ could be magnified to a size equal to its terrors it would appear more terrible than any fire-breathing dragon. Germs can't be avoided. They are in the air we breathe, the water we drink.

The germ can only prosper when the condition of the system gives it free scope to establish itself and develop. When there is a deficiency of vital force, languor, restlessness, a hollow cheek, a hollow eye, when the appetite is poor and the sleep is broken, it is time to guard against the germ. You can fortify the body against all germs by the use of Dr. Pierce's Golden Medical Discovery. It increases the vital power, cleanses the system of clogging impurities, enriches the blood, puts the stomach and organs of digestion and nutrition in working condition, so that the germ finds no weak or tainted spot in which to breed. "Golden Medical Discovery" contains no alcohol, whiskey or habit-forming drugs. All its ingredients printed on its outside wrapper. It is not a secret nostrum but a medicine of known composition and with a record of 40 years of cures. Accept no substitute—there is nothing "just as good." Ask your neighbors.



For DISTEMPER Pink Eye, Epizootic Shipping Fever & Catarrhal Fever.

Sure cure and positive preventive, no matter how hours as any age are infected or "exposed." Liquid given on the tongue; acts on the Blood and Glands, expels the poisonous germs from the body. Cures Distemper in Dogs and Sheep and Cholera in Poultry. Largest selling live stock remedy. Cures La Grippe among human beings and is a fine Kidney remedy. See and get a bottle for \$5 and \$10 a dozen. Cut this out. Keep it. Show it to your druggist, who will get it for you. Free booklet, "Distemper, Causes and Cures." Hospital agents wanted.

SPOHN MEDICAL CO., Chemists and Bacteriologists, GOSHEN, IND., U.S.A.

Prize Prevaricator.

The newspaper genius who sends out dispatches from Bellefontaine has discovered an 82-year-old resident who attributes his excellent health to eating pie three times a day, and we learn that this Ajax-defying-the-bake-oven has eaten pie for breakfast for 70 years. We are not surprised at the pie story, but we are in admiration of the correspondent. He is the easiest liar in all the Buckeye realm.—Marion Star.

The Real Question.

Him—You're the only girl I ever loved!
Her—That's interesting but immaterial. What I want to know if I am the only girl you're ever going to love?—Cleveland Leader.

TO LIVE FOREVER.

Thomas Edison has perfected a storage battery which he says will last indefinitely and revolutionize the present propelling power.

Prof. Munyon says it is only a question of time until a remedy is discovered that will supply the waste of the human body, so that one may live on almost indefinitely, barring accidents. This seems almost too good to be true, but nothing seems to be impossible in these days when we consider the flying machine and the wireless telegraph.

Prof. Munyon has certainly revolutionized the practice of medicine. He does not believe in building hospitals for consumptives. He says that consumption can always be traced to a cold. Cure a cold and you prevent consumption. His Cold and Cough Remedy will break up almost any form of a cold in a few hours and positively prevent Bronchitis and Pneumonia. To convince the medical world and people in general of the truth of his claims he has distributed millions of vials of the Cold Cure, absolutely free, from the leading newspaper offices throughout the country, and the cures that have been reported from its use have been most astonishing. These little sugar pellets contain no opium, morphine, cocaine or any harmful drug. They seem to relieve the head, throat and lungs almost immediately.

In order that no one may be deprived of this remedy he has placed it with all the druggists throughout the United States for the small sum of 25 cents, or sent postpaid on receipt of price, and with each bottle he gives this guarantee: "If Munyon's Cold and Cough Cure does not do all that is claimed for it, I will refund your money."

There are four advantages in taking Munyon's Remedies. First, they are absolutely harmless. Second, they are pleasant to take. Third, they relieve almost immediately. Fourth, they cost nothing unless they give satisfaction.

Munyon's Guide to Health sent free on request. Munyon Remedy Co., Phila., Pa.

Missed Her Destiny.

Alice in Wonderland said she could easily believe six impossible things before breakfast.

"How fitted for a clubman's wife," they exclaimed.

Sad to relate, however, she missed her obvious destiny.—New York Times.

Mrs. Cobden Sanderson is very resentful of the suggestion that the women of England have a separate legislature.

Germans introduced the shell button industry into Japan 20 years ago, and now Japan is shipping buttons into Germany.

Few persons ever think of New York being a manufacturing city, but it has about 70,000 manufacturing establishments.

Constipation causes and seriously aggravates many diseases. It is thoroughly cured by Dr. Pierce's Pellets. Tiny sugar-coated granules.

Two of a Kind.

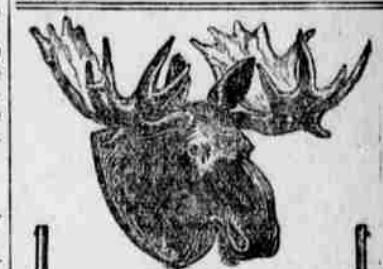
Mrs. Boggs—I hate to have a man always complaining about some little thing. Now, my husband is continually harping on the lace-curtains.

Mrs. Woggs.—Yes, and my husband has been kicking on your front door every morning at 3 o'clock for the past 20 years.—Puck.

Theater managers estimate that there is about 11,000 theater attendants in New York City who attend at least one performance each week throughout the season.

Madrid has the highest altitude of any city in Europe.

An Austrian journal tells of a plant called Parkid biglobosa, recently discovered in Africa, which produces a fruit containing 20 per cent reducing sugar.



1909 Trophies Not For Sale THE MAINE WOODS

offer no bargains. But if your nerve is cool and your aim is true there is plenty of game to yield a token of your prowess.

Moose, Deer and Game Birds of all kinds

Most of the guides and all of the best ones are in our "Directory of Guides" We'll send it for a four cent stamp, together with another sportsman's handbook, "The Fish and Game Country."



Duff's College
A post card will bring illustrated catalogue and "The Proof."
6th Street and Liberty Avenue, PITTSBURG, PA.

Insomnia

"I have been using Cascarets for Insomnia, with which I have been afflicted for twenty years, and I can say that Cascarets have given me more relief than any other remedy I have ever tried. I shall certainly recommend them to my friends as being all that they are represented."

Thos. Gillard, Elgin, Ill.
Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sicken, Weaken or Grip. 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C.C.C. Guaranteed to cure or your money back.

On Rainy Days A Fish Brand Slicker will keep you dry

And give you full value in comfort and long wear
\$3.00
GUARANTEED WATERPROOF

Sold by first-class Retailers the country over. Send for our Free Catalogue

A. J. TOWER CO. TOWER'S FISH BRAND
BOSTON, U. S. A.
TOWER CANADIAN CO., Ltd. TORONTO, CANADA

PATENTS Watson E. Coleman's, Wash. D.C., Boston, Mass., and other references. Test results.

P. N. U. 40, 1909.

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

A DOSE OF PISO'S CURE

THE BEST MEDICINE FOR COUGHS AND COLDS
is as safe as it is effective. Guaranteed to contain no opiates. It is very palatable too—children like it.
All Druggists, 25 Cents