...tual Constipation

...ally overcome by proper ...rsonal efforts with the assistance ...f 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 as 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

Balanced To A Penny.

A remarkable condition arose in the Muskogee, Okla., clearing house the other day. When the members of the association met at 11 o'clock to make 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 any other bank. The clearing house clerks were amazed. Such a thing does not occur once in a lifetime.—Kansas City Journal.

SPRING KIDNEY TROUBLE.

Vividly Described by One Who Has Suffered From It.

Mrs. H. Mutzabaugh, of Duncannon, Pa., says: "I was sick and miserable all last Spring, and as I did not know what was the matter, I kept going down hill until I was a physical wreck. I had smothering spells, flashes of heat over the kidneys, and pain in passing the kidney secretions, which contained sediment. My husband urged me to try Doan's Kidney Pills, and at last I did so. They did me much good, and I used in all eight boxes, which restored me to perfect health."

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

The four-year-old daughter of John Hudson, of Springfield, O., was choking to death from diphtheria when Dr. L. L. Lyman slit the windpipe rapidly with a pocketknife and inserted a tube, saving the child's life.

WAS DELIRIOUS WITH ECZEMA.

Pain, Heat and Tingling Were Excruciating—Cuticura Acted Like Magic.

"An eruption broke out on my daughter's chest. I took her to a doctor, and he pronounced it to be eczema of a very bad form. He treated her, but the disease spread to her back, and then the whole of her head was affected, and all her hair had to be cut off. The pain she suffered was excruciating, and with that and the heat and tingling her life was almost unbearable. Occasionally she was delirious and she did not have a proper hour's sleep for many nights. The second doctor we tried afforded her just as little relief as the first. Then I purchased Cuticura Soap, Ointment, and Pills, and before the Ointment was three-quarters finished every trace of the disease was gone. It really seemed like magic. Mrs. T. W. Hyde, Brentwood, Essex, England, Mar. 8, 1907."

Backgammon.

Who plays backgammon nowadays? It was one of the favorite games of our forefathers, but is today apparently as obsolete as the dinosaur. Backgammon was invented in Wales in the eleventh century and derived its name from two Welsh words—"back" (little) and "gammon" (battle). Three-quarters of a century ago no home of the aristocracy was complete without its backgammon board. The game was played nightly as an innocent diversion. Two Presidents—Van Buren and Jackson—were adepts.—New York Press.

THIS AND THAT.

Anyway, the self-made man hasn't any one to blame but himself.

Life is too short for a man to do all the things his wife wants him to do.

You can't vote in Norway unless you have been vaccinated.

Of London's population 280,000 are members of some sort of club.

The whale-catching industry is dying out. Only 150 are now caught each year.

New York City's public library furnishes more reading in more tongues than any other library in the world. In the oriental department alone are 10,700 books—enough to make a library by themselves.

It is said the Colombian government will soon construct a pier and breakwater at the salt works at Galera Zamba point, between Cartagena and the mouth of the Magdalena River. It will cost about $50,000.

LOST $300

Buying Medicine when Right Food was Needed.

Money spent for "tonics" and "bracers" to relieve indigestion, while the poor old stomach is loaded with pastry and pork, is worse than losing a pocketbook containing the money.

If the money only is lost it's bad enough, but with lost health from wrong eating, it is hard to make the money back.

A Michigan young lady lost money on drugs but is thankful she found a way to get back her health by proper food. She writes:

"I had been a victim of nervous dyspepsia for six years and spent three hundred dollars for treatment in the attempt to get well. None of it did me any good.

"Finally I tried Grape-Nuts food, and the results were such that, if it cost a dollar a package, I would not be without it. My trouble had been caused by eating rich food such as pastry and pork.

"The most wonderful thing that ever happened to me, I am sure, was the change in my condition after I began to eat Grape-Nuts. I began to improve at once and the first week gained four pounds.

"I feel that I cannot express myself in terms that are worthy of the benefit Grape-Nuts has brought to me, and you are perfectly free to publish this letter if it will send some poor sufferer relief, such as has ...me."

...tum Co., Battle

GEM'S INTEREST TO WOMEN

A JAP LADY'S OUTFIT.

A Kobe newspaper gives the cost of the wearing apparel of a Japanese woman of fashion. She wears $13.80 worth of clothing under her kimono, which costs $25. The obi costs another $25. Numerous tying paraphernalia sum up to $17.50, and a set of footgear amounts to $9. Combs and hairpins, ornamented with gems, cost $245; a shawl, $7.50; a diamond neck clasp, $150; handkerchiefs twenty-five cents each; a gold watch, $150—about $918 in all for a season. A middle class woman wears about $150 worth of clothing each year.—Pittsburg Dispatch.

WOMAN'S HARDEST TASK.

The woman who starts out to study the tastes of man will have a "hard road to trabble." He will demand one set of qualities when he has a headache, another when he is feeling talkative, and another when he is quiet. The woman who persists in talking with him when he doesn't wish to converse had almost better have a millstone about her neck and be drowned at once, so far as his regard is concerned.

To the neophyte, therefore, who asks what qualities a man admires most in a woman this answer is always given—the one she hasn't.

It does not make any difference anyway, for she who studies to please makes a bad matter of the whole thing. Let her first catch her man and then let him understand that she does not care whether he likes her or not, nor whether he approves or whether he doesn't, and all will be well with the twain.—New York American.

TACT.

There is an element of social life which is of the utmost importance, and for want of a better word we call it "tact." It means saying and doing just the right thing at the right time. It means the beaming smile, the gentle courtesy, the quick reading of character, the well-modulated voice, the inconspicuous leadership which avoids or changes an unsuitable subject or one which would lead to controversy or misunderstanding.

Tact is an elusive quality, hard to define. It is the sensitive touch in social matters which sees when a topic has been sufficiently discussed, and changes the trend of the conversation with a graceful ease that smoothes the way to a new subject without making the change conspicuous. It places the shy guest at ease; it does not make the social mistake of hurting the feelings of another, and has a quick judgment of what is suitable and agreeable. It requires natural intelligence, calm temper, goodness of heart, and close observation.—Pittsburg Dispatch.

MRS. DI ZEREGA ACTIVE AT 98.

New York society is looked on generally as ephemeral or subject to rapid changes, but this impression is largely the result of the fact that the most permanent side of the social body is the least prominent in the least in the public eye. For example, there is Mrs. di Zerega, who for sixty years has been entertaining on an extensive scale each summer in her old-fashioned, comfortable country house, Island Hall, in Westchester County. Sixty years takes us back to 1848, when the city had not reached 500,000 in population. Mrs. di Zerega, in fact, has seen the city grow from its swaddling clothes, as it counted fewer than 100,000 persons when she was born, in 1810. She is a remarkable old woman in every way, still active in body and mind and keen in her social affairs and taking lively interest in the world at large. Only a few days ago she returned from a prolonged visit in Europe. She drives out daily, and now is laying plans for a round of visits from members of her family, which embraces eleven children, twenty-four grandchildren and seventeen great-grandchildren.—New York Press.

"AT HOMES" FOR BRIDES.

Some clergymen wage eternal war against the bridesmaid without a hat, and refuse to believe that St. Paul would have been satisfied with a wreath of daisies with which to cover the glory of her hair. A bevy of bridesmaids the other day, kept outside the porch, like Peris outside Paradise on account of their hatlessness, were obliged to invent little mob-caps made of cambric handkerchiefs, and trimmed hastily with the wreaths of flowers which the irate rector objected to as not being sufficient head-covering in themselves to entitle the bridesmaids to enter a church.

The time-honored custom that the bride should be "At home" on two or three specified days after the return from the honeymoon is going out of fashion; and it is a great pity. It was a pretty fashion for the young people to welcome their friends for the first time, and do the honors of their new home together in a simple, festive way. The newer custom of calling at any time, mostly finding the bride out and the groom at business, is cold and formal. The writer was very fond of a girl who went to live in a distant suburb after her marriage, and called several times. She was always out, and a meeting never took place until the girl-bride was the sedate mother of two babies. "At-home" days after the wedding should not be allowed to go out of fashion.—New Haven Register.

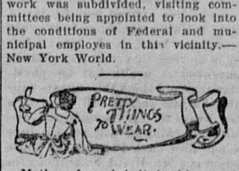
TO STUDY NEEDS OF WORKERS.

The ... of the New York ...ittee of the National ... have divided their ...Committee on the Needs of Workers in Specific Industries and the Committee on Welfare Work for Government Employes.

The Committee on the Needs of Workers in Specific Industries met in the home of Mrs. J. Borden Harriman, the chairman. There were present: Mrs. J. Borden Harriman, Mrs. D. W. Evans, secretary of the committee; Mrs. Ralph Pulitzer, Mrs. Frank McN. Bacon, Mrs. William Fellowes Morgan, Miss Waring, Miss Caroline Shippen, Mrs. Clement Acton Griscom, Jr., Mrs. Orrin S. Goan, Miss Gilman.

It was determined to investigate three trades with a view of learning improvements which have been introduced for employes and of becoming familiar with the needs of wage earners in those trades. It was determined that no action would be taken, the work to be purely educational at this time.

The Committee on Welfare Work for Government Employes met at the headquarters of the National Federation. There were present: Mrs. Julia K. West, chairman; Mrs. John Corbin, secretary; Mrs. F. H. Cabot, Mrs. Mary Hatch Willard, Mrs. Edward Henderson, Miss Cornelia V. R. Lowell and Mrs. William H. Crocker, of San Francisco. The work was subdivided, visiting committees being appointed to look into the conditions of Federal and municipal employes in this vicinity.—New York World.



Mother-of-pearl belt buckles, cuff links and collar pins are popular.

The "sugar loaf" is the name of one of the new shapes in headgear.

Black is a good deal used for restaurant and other semi-dress toilets.

The wools and linens both follow the same lines in shapes of coats and skirts.

Shawl points are becoming very familiar in costumes with little pretension to dressiness.

The cutaway front and the pointed back are often joined in tailormades of more or less severe finish.

White silk stockings with bands embroidered in gold reaching almost to the top of the front are new.

A huge aigrette placed at right angles with the hat (and head) is one of those effects that must be studied.

There is a strong tendency in the fashionable new coats of short or medium length to dip decidedly at the back.

If the fulness of the wide petticoat flounce is laid in tucks there will be no bulging to mar the smooth fit of the gown.

Among the picturesque suits provided by some of the departments are coats and skirts made of pongee in Oriental colorings.

In veils ring dots will be the feature of the ultra styles. Chenille dots will also be popular. Standard colors will predominate in all weaves.

The lawns spattered with single roses thrown carelessly here and there are attractive, and also the ones with deep borders of roses veiled with tulle.

Our Cut-out Recipe. *Paste in Your Scrap-Book.*

Flounders in a New Way—Flounders are good fried in the ordinary way in crumbs or in flour, and especially nice if melted butter seasoned with lemon juice and chopped parsley is passed with them, but here is quite a new way of cooking them: Wash the flounder and wipe it dry; lay it in a roasting pan on top of two tablespoonfuls of minced onion, and sprinkle it with salt and pepper and a tablespoonful of chopped parsley; put it into a very hot oven and baste with half a cup of boiling water mixed with a tablespoonful of melted butter; when brown put the fish on a hot platter and put a teaspoonful of flour and a small half cup of hot water into the pan, and stir and scrape over the fire till there is a nice brown gravy, adding a little kitchen boquet to darken and season it; strain, and pour this over the fish, and serve atonce.—Harper's Bazar.

Local Paper a Great Benefit.

There is no advertisement so beneficial to a city, nor one which more favorably impresses a non-resident as an ably conducted newspeper, well gotten up, and filled with local news and advertisements of home merchants. Such a paper at once suggests the thought that here is a live and prosperous city, and the reader is favorably attracted to it.

In new towns and villages this fact is so well understood that those interested soon look about for a newspaper and often times a plant is bought for the publisher, and it proves a good investment.

No influence is more potent in building up a community in America than its newspapers, says the Muscoda (Wis.) Democrat. From its earliest history they have been ceaseless in advertising the advantages and the resources of the surrounding country. If a new industry was to be had, they have been foremost in measures to secure it, the publishers often times devoting more time and money (to say nothing of columns and columns of space) than any other citizen.

In matters of public concern, municipal affairs, taxation, etc., they are expected to advocate and do favor the course which is most conducive to the interests of the city and their advocacy usually leads to better government and lower taxation.

Publishing a newspaper is a matter of business. The mission of the local paper, however, is especially to work in and out of season for the building up of the community, and in so far it is entitled to the active co-operation and support of the merchants, business men and property holders of that community.

Relativity of Knowledge.

The "relativity of knowledge" means that you can know things only as they are related to your faculties. The thing "in itself," and apart from the way it appears to us, is unknown and unknowable. Absolute knowledge is out of the question. In a word, we know appearances, but never the reality behind the appearances; the shadows, but never the substance itself. In fine, the gist of the doctrine of the "relativity of knowledge" is that our so-called knowledge is only phantasmagoria. We know the appearance, but we have no means of deciding whether the appearance is true or false.—New York American.

Merry Side of Life.

ANOMALOUS.

We call that "unspeakable"
(For language has freaks)
Of which with great unction
'Most every one speaks.
—Philadelphia Ledger.

MR. GUNSON.

"So, Mrs. Gunson has only been married once?"

"Yes; but she made another man of her husband."—Harper's Weekly.

WONDERFUL, INDEED!

Patience—"She's a most wonderful woman."

Patrice—"Why so?"

"She speaks four languages. Just think of keeping a secret in four languages!"—Yonkers Statesman.

EVER HEAR 'EM SAY IS?

Jersey Commuter (crossing West street slush)—"Wasn't the snow glorious in the country this morning?"

His Neighbor—"Great, by Jove! If we could only stay out there and enjoy it!"—Puck.

THEY'D FIND OUT.

Minister's Wife — "Wake up! There are burglars in the house, John."

Minister—"Well, what of it? Let them find out their mistake themselves."—Christian Register.

A MISTAKE.

Client—"Didn't you make a mistake in going into the law instead of the army?"

Lawyer—"Why?"

"By the way you charge there would be little left of the enemy."—Sacred Heart Review.

A HINT TO WRITERS.

"At last," said the ambitious young novelist, "I have written something that will be accepted by the first magazine it is sent to."

"What is it?" his friend asked.

"A check for a year's subscription."—Chicago Record-Herald.

IN DOUBT.

"Even the richest man never knows exactly how much money he has," remarked the economist.

"I suppose so," answered Mr. Cumrox; "anyhow, not when his family is out attending to Christmas shopping."—Washington Star.

A WOMAN'S WAY.

"There are some pictures in the gallery I do not want you to see."

"Which are they, mamma?"

"I will point them out to you!"—Le Sourire.

YEP.

Bjones—"They say that 'fools build the houses that wise men live in.'"

Psmith—"Well?"

Bjones—"Well, where do the fools live?"

Psmith—"In flats."—Cleveland Leader.

NOT EXACTLY.

"Yes, Miss Roxley and I are strangers now," said Tom. "I've been asked not to call there again."

"You don't say!" said Dick. "I suppose old Roxley had a hand in that."

"Well—er—not a hand exactly."—Philadelphia Press.

HIS INVESTMENT.

Old Lady (who had given the tramp a nickel) — "Now, what will you do with it?"

Hungry Hobo—"Waal, ye see, mum, of I buy an auto, there ain't enough left to hire a shofur. So I guess I'll git a schooner. I kin handle that meself."—Bohemian.

SOUNDS FAMILIAR.

"Now," said the professor, "you may translate Cicero's speech to the Roman Senate."

"Sinister malefactors," began the student, "how long will you continue to abuse our patience—"

"Hold on, there, boy," roared the instructor. "You've gotten your Latin lesson mixed up with the daily press reports."—Washington Herald.

IT CAN BE DONE.

"So you tried to drive a sharp bargain and got cheated again," said Mrs. Corntassel.

"That's what happened," answered the farmer.

"Maybe you will learn after a while that you can't get something for nothing."

"No, I can't. But it seems like the other fellows always can."—Washington Star.

Didn't Know Where They Were.

Where a meandering river constitutes the boundary of a nation or State, changes in the course of the stream give rise to problems in civil government, as the following incident illustrates. A minister in the southern part of South Dakota was called upon once to officiate at a wedding in a home in a bend of the Missouri River. During the high water of the preceding spring the river had burst over the narrow neck at the bend, and at the time of the redding it was flowing at both sides of the cutoff, so that there was a doubt as to whether the main channel of the stream—the interstate boundary line—was north of them and they were still in South Dakota. To be assured of the legality of the marriage rite the bridal couple, minister and witnesses rowed to the north bank, and up on the South Dakota bluff the marriage service was performed, the bridal party returning—they cared not to which State—for the festivities.—The Vermilion Republican.

MACHINE-GROUND PAINT.

Occasionally one hears the "hand-mixed" paint of the painter slightingly spoken of as "unscientific" and "not thoroughly mixed." The facts are all on the side of the painter and his hand—prepared paint.

It is the most "scientific" paint there is, because it is made on the spot to suit the particular purpose for which it is to be used. It is as scientific as a good doctor's prescription. If the painter did not mix it thus it would be as unscientific as a patent medicine. Moreover the paint which a good painter turns out is made of genuine white lead and pure linseed oil. If he does not mix it himself he is not sure what is in it and consequently his client cannot be sure.

As for not being thoroughly mixed by machinery, that is simply a misstatement. White Lead as made by National Lead Company is thoroughly incorporated with 7 or 8 per cent. of pure Linseed oil in the factory, making a paste. This paste need only be thinned with additional linseed oil to make it ready for the brush.

The thorough incorporation of pigment and oil has already been accomplished before the painter gets it.

To know how to tell pure white lead is a great advantage to both painter and house-owner. National Lead Company will send a tester free to anyone interested. Address the company at Woodbridge Building, New York, N. Y.

The 19 women in the Finish Parliament have already presented 26 bills relating to the reform of the marriage laws, the legal position of illegitimate children, protection of minors, public education, the liquor question, etc.

Deafness Cannot Be Cured

by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever. Nine cases out of ten are caused by catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that can not be cured by Hall's Catarrh Cure. Send for circulars free. F. J. CHENEY & Co., Toledo, O.

Sold by Druggists, 75c.

Take Hall's Family Pills for constipation.

Much of the tobacco grown in Eastern Bengal is marketed in Calcutta, whence it is shipped to Burma, where it is manufactured into cheroots.

Garfield Tea, the herb medicine, insures a healthy action of liver, kidneys, stomach and bowels. Take it for constipation and sick-headache. Write Garfield Tea Co., Brooklyn, N. Y., for free samples.

The politeness of some men causes them to be looked upon with suspicion.

Many Old People Suffer From

Bronchial Affections, particularly at this time of year. Brown's Bronchial Troches give immediate relief.

No horses are to be seen on the farms in Bolivia, bullocks or oxen being universally employed.

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 Doctor And His Reward.

In the same issue of an Eastern newspaper appear two items concerning the medical profession. One is about a bold and resourceful surgeon who sewed up a knife wound in a dying man's heart, the other cites the fact that, as doctors are short-lived, they are extrahazardous insurance risks. Here is both the service in the cause of humanity and the sacrifice, the labor and the reward. The doctors are so near to us, play so intimate a part in our living, that, as if by their very closeness, we are blind to the extraordinary exertions they have made for the general comfort and happiness.

But for the doctor the Southern cities would still be suffering those wild panics of other days when yellow fever entered port. He has caused swamps to be drained, sewers to be laid, streets to be swept and flushed and hospitals to be built. The Panama Canal Zone, which under the French regime, was a highway of death, now is more healthful than many a Northern community with the same number of inhabitants. To know a medical practioner is to know one superior to the average educated man. Few professors develop such character. The occupation of healing, of beholding men and women and children at their worst, irritable, unreasonable and often cowardly, has not, fortunately, caused his own degeneration. His capacity for thoughtfulness is trained to keenness, his selfishness, where there is any, is shrewdly hidden, and the human instinct for enjoyment is not the less in him because of his knowledge of its reactions—Cleveland Leader.

How Machinery Multiplies Power.

The forthcoming report of the United States Commissioner of Labor will afford some interesting information on this topic. Aided by machinery, 4,500,000 men turn out a product which would require the labor of nearly 40,000,000 men if produced by hand. In America the advantage derived from machinery is about twice as great as Europe, so that the actual population of the United States is equal in productive power to 150,000,000 Europeans. With labor-saving machinery, one generation of men can do the work of four or five generations of hand workers.

BORAX, NATURE'S DISINFECTANT, CLEANSER AND PURIFIER.

Everybody realizes the necessity of some method of purification of sinks, drains and utensils in which may lurk the germ of a dreaded disease.

Health is a question of cleanliness and prevention.

Most people are familiar with the use of disinfectants in their ordinary sense—all of which are unpleasantly associated with disagreeable odors, on which are depended to kill the contagion (which disinfectants must of necessity be of a more or less dangerous character) and must be used for this purpose and for no other, and in consequence kept from children and careless handling.

There is, however, within the reach of all our readers a simple, safe and economical article that will not only answer for every disinfecting purpose—but can also be used for a multitude of domestic cleansing and purifying purposes—Borax.

Borax is a pure, white harmless powder coming direct from Nature's laboratory; in fact Borax has often been called "Nature's Cleanser and Disinfectant."

Two tablespoonfuls of Borax in a pailful of hot water poured down the grease-choked pipes of a sink, or flushed through a disease-laden drain, cleanses and purifies it, leaving it clean and sweet.

Bed clothing and clothes used in a sick room can be made hygienically clean and snowy-white, if washed in a hot solution of Borax water.

Kitchen and eating utensils, used during illness will be kept from all possibility of contagion if Borax is used when washing them. Pure as snow and harmless as salt, and because it can be used for almost every domestic and medical purpose, Borax must be considered the one great household necessity.

The Colombian government declares it to be its intention to establish agricultural penal colonies for its prisoners now confined in the national penitentiaries.

FITS, St. Vitus' Dance, Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. $2 trial bottle and treatise free. Dr. H. R. Kline, Ld., 931 Arch St., Phila., Pa.

The Society for the Protection of Children in England against the cruelty of parents and others receives now 40,000 complaints a year.

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

Cleave to the good and use the cleaver on the bad.

NO ONE CAN ALWAYS AVOID Catching Cold on the Street Car

Pe-ru-na Prevents Catching Cold.

One Dose in Time, Saves Nine.

Many people persist in riding on the street cars, insufficiently protected by clothing.

They start out perhaps in the heat of the day and do not feel the need of wraps.

The rapid moving of the car cools the body unduly. When they board the car perhaps they are slightly perspiring. When the body is in this condition it is easily chilled. This is especially true when a person is sitting.

Beginning a street car ride in the middle of the day and ending it in the evening almost invariably requires extra wraps, but people do not observe these precautions, hence they catch cold.

Colds are very frequent in the Spring on this account, and as the Summer advances, they do not decrease. During the Spring months, no one should think of riding on the car without being provided with a wrap.

A cold caught in the Spring is liable to last through the entire Summer. Great caution should be observed at this season against exposure to cold. During the first few pleasant days of Spring, the liability of catching cold is great.

No wonder so many people acquire muscular rheumatism and catarrhal diseases during this season.

However, in spite of the greatest precautions, colds will be caught.

At the appearance of the first symptom, Peruna should be taken according to directions on the bottle, and continued until every symptom disappears.

Do not put it off. Do not waste time by taking other remedies. Begin at once to take Peruna and continue it until you are positive that the cold has entirely disappeared. This may save you a long and perhaps serious illness later on.

Bad Effects From Cold.

Mr. M. J. Deutsch, Secretary Building Material Trades Council, 151 Washington St., Chicago, Ill., writes:

"I have found your medicine to be unusually efficacious in getting rid of bad *effects from cold*, and more especially in driving away all symptoms of catarrh, with which I am frequently troubled.

"The *relief Peruna gives* in catarrhal troubles alone is well worth the price per bottle. I have used the remedy for several years now."

Spells of Coughing.

Mrs. C. E. Long, writes from Atwood, Colorado, as follows:

"When I wrote you for advice my little three-year-old girl had a cough that had been troubling her for four months. She *took cold easily*, and would wheeze and have spells of coughing that would sometimes last for a half hour.

"Now we can never thank you enough for the change you have made in our little one's health. Before she began taking your Peruna she suffered everything in the way of cough, colds and croup, but now she has taken not quite a bottle of Peruna, and is *well and strong* as she has ever been in her life."

Pe-ru-na for Colds.

Mr. James Morrison, 68 East 16th St., Paterson, N. J., writes:

"I have given Peruna a fair trial, and I find it to be just what you claim it to be. I cannot praise it too highly. I have used two bottles in my family for colds, and everything imaginable. I can safely say that your medicine is the best I have ever used."

German Good Sense.

This country could hardly be expected to Germanize its legal procedure, or, for that matter, make it conform to that of any other country. But it could embody with beneficial results the principles of the German system in dealing with petty disputes. It is perfectly proper that cases involving large amounts or important questions should be gone into with care and due expense. But the extortionate rate which Americans pay for justice in small things is proverbial. The Germans deal with these things in an eminently sensible way.

An American tourist who inquired why there were only four lawyers in a town of 14,000 people in Germany, was told that the civil cases had been reduced to a minimum because every such case had to be tried by three conciliators appointed by the mayor of the city before it found its way into the courts. If the judgment of the conciliators is not accepted the case then goes into court, but the loser has to pay all the costs, including attorneys' fees, so that the judgment of the conciliators is usually accepted. The conciliators receive no salary, but they consider their appointment a high honor. Only in slander cases are they permitted to impose a fine, which is payable to the district insane asylum. The guilty party is required to sign a declaration of regret and publish it in the official organ of the district.—Kansas City Journal.

Civilization.

A commotion was caused in the Boulevard Haussmann the other day when one of the best known women in Paris got out of an elegant motor car leading by a silver chain a tiny poodle dressed in the height of fashion. The dog was wearing a pigskin collar adorned with gold coins and a little fur coat with a side pocket, from which peeped a small lace handkerchief, while its little feet were protected from the damp by india-rubber shoes. In the poodle's ears were two pairs of diamond earrings, one pair in each ear, the ears being pierced at the base and at the tip. The feelings of this darling pet were dogfully repressed. He appeared absolutely indifferent to the excited glances bestowed upon him and his mistress.—Boston Herald.

Crooked Age.

"You don't seem anxious to race the tortoise," remarked the friendly fox.

"Well, I should say not!" replied the hare. "In these scheming days he might hire an automobile when my back was turned and win the race."—Chicago News.

Rural Philosophy.

"A crow," said the farmer, reaching for his gun, "is a good deal like an Injun. Sometimes you can make him good by giving him a little trinket."

Thereupon he drew a bead on the bird and gave it a present of small shot besides.—Chicago Tribune.

Isn't it funny how funny some comedians think people think they are?

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It is all that some men can do to keep from being done.

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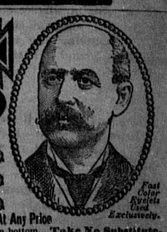
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