

Habitual Constipation

May be permanently overcome by proper personal efforts with the assistance of the one truly beneficial laxative remedy, Syrup of Figs. A laxative 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. It is the best of all laxatives because it is gentle, and its beneficial effects are permanent.

CALIFORNIA FIG SYRUP CO.
SOLE BY ALL LEADING DRUGGISTS
BOTTLES ONLY—REGULAR PRICE 50¢ PER BOTTLE

FASHION HINTS



Something that's just housey, and yet not belonging to the wrapper family, is a little hard to find. The house gown shown here is a pretty solution of the problem. Inexpensively developed in silk muslin, it is charming. If a warmer gown is desired, it would be very pretty in one of the fancy challoes.

Strain to Keep Up Appearances.
There are plenty of people, in all of our large cities, who do not allow themselves enough to eat, and practice all sorts of pinching economy at home for the sake of keeping up appearances in society.

What terrible inconvenience, hardship and suffering we endure on account of other people's eyes and opinions! What slaves, what fools we make of ourselves because of what other people think! How we scheme and contrive to make them think we are other than we really are.

It is other people's eyes that are expensive. It is other people's eyes that make us unhappy and discontented with our lot, that make us strain, and struggle, and slave, in order to keep up false appearances.

The suit, the hat must be discarded, not because they are badly worn, but because others will think it strange that we do not change them.

The effect of all this false living, this constant practice of deception in appearances, in our manner of living, our dress, is undermining the American character, ruining our genuineness, making us superficial, unreal false.

No man can really respect himself when he is conscious that he is selling under false colors.

If you are wearing clothes and living in luxury which you cannot afford, these things label you all over with falsehood, and are perpetual witnesses against you. There is only one possible result upon the character of falsehood, whether acted or spoken, and that is perpetual deterioration. It does not matter whether you wear lies, tell lies, or act lies, the effect upon your character is the same.—Orison Swett Marden in Success Magazine.

CHILDREN SHOWED IT.

Effect of Their Warm Drink in the Morning.

"A year ago I was a wreck from coffee drinking and was on the point of giving up my position in the school room because of nervousness.

"I was telling a friend about it and she said, 'We drink nothing at meal time but Postum, and it is such a comfort to have something we can enjoy drinking with the children.'

"I was astonished that she would allow the children to drink any kind of coffee, but she said Postum was the most healthful drink in the world for children as well as for older ones, and that the condition of both the children and adults showed that to be a fact.

"My first trial was a failure. The cook boiled it four or five minutes and it tasted so flat that I was in despair but determined to give it one more trial. This time we followed the directions and boiled it fifteen minutes after the boiling began. It was a decided success and I was completely won by its rich, delicious flavor. In a short time I noticed a decided improvement in my condition and kept growing better and better month after month, until now I am perfectly healthy, and do my work in the school room with ease and pleasure. I would not return to the nerve-destroying regular coffee for any money."

Read the famous little "Health Classic," "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.



NEWEST THING IN CHARTERS.

ALTHOUGH Colorado Springs is a little city, whose claim to fame is more in the beauty of its immediate and surrounding natural scenery than in its commercial or industrial importance, it will no doubt succeed in holding for a time the interest of the rest of the country, because of its new and unique charter, the features of which have already been made public. The terms of this instrument seem to give the electors the largest possible opportunity for the exercise of a choice of municipal officials. If the first election is not emphatic enough they can repeat it until there is no longer room for doubt of the popular preference.

Though this charter is different from any other charter previously formulated, it contains about all the radical provisions of previous instruments. It has borrowed the commission idea from Galveston and Des Moines, and has grafted upon it the initiative and referendum which have developed so extensively in the Far West, with the recall from Los Angeles, and a few original touches of the city's own. Franchisees are to be made profitable. No chances are taken on net profits, but the tax is to be laid upon gross receipts and 2 per cent is by no means a trifling exaction. The people seem to have the long end of the lever, and if they do not rule righteously it will be their own fault.—Boston Transcript.

THE DUTY OF THE LAITY.

HE man who hears his country's call and goes forth to fight in its armies is not forgotten by it when old age begins to creep upon him and the infirmities of life are felt. He gets a pension. If he dies and leaves dependent wife or children, they, too, are cared for. The one who devotes his life to teaching in college or university finds some of the anxieties lessened because of the knowledge of a great fund for retiring allowances. The public school teacher, the policeman, the fireman in the large city, and sometimes other public servants are provided for by pension systems. Even some corporations have devised plans for aiding those who have given long service to their interests.

No work for humanity is counted more valuable than that done by ministers of the gospel. In the case of the majority the opportunity for service accrues with stronger power than the salary paid. All the pioneer work is done by earnest men who are poorly recompensed for their toil, as far as money goes. The missionary in the newer settlements, the pastor of the country church, the minister in the small town—in fact, the overwhelming majority of preachers follow out their careers with inadequate salaries, without opportunity to save for the inevitable day of retirement, and with no assurance of support in old age except that which comes from faith.

The general recognition of the worth of the minister's service to mankind and the cash payments for that service stand in strange opposition to each other. In no other walk of life is the contrast so sharp. It is this condition of things which prompted an article in a recent number of the Northwestern Christian Advocate proposing that the laity of all Christian churches unite in the creation of a large foundation for retiring al-

THE BIRTHDAY STONES.

The following list represents the old means of record-keeping. It is a list of words and phrases which were used in the past to denote the various stages of a man's life. It is a list of words and phrases which were used in the past to denote the various stages of a man's life. It is a list of words and phrases which were used in the past to denote the various stages of a man's life.

POPE LOVES THE POOR.

Has Abolished Useless Formalities and is a Man of the People.

The extraordinary personal charm of Pope Pius X. and the democratic manners which obtain in the Vatican today are revealed in an interesting interview in the Fortnightly. Pope Pius X. unlike his predecessor, Leo XIII.,

EDITORIALS

Opinions of Great Papers on Important Subjects.

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SOON WIRELESS TELEPHONE.

Men on the Street Can Be Called at Will Before Many Years Pass.

THEY DRAW CROWDS IN NEW YORK.

A man filling a slot machine with chewing gum. The daily drop of the Western Union time ball. A stepladder painting a flagpole. A sign painter lettering a window. Two draymen cussing each other. An automobile with a punctured tire.

THE REED PLAYER.

By a dim shore, where water darkening Took the last light of spring, I went beyond the tumult, harkening For some divinest thing. I saw the fireflies shine below the wood, Above the shallows dank. As Uriel, from some great attitude, The planets, rank on rank. And now unseen along the shrouded mead One went under the hill. He blew a cadence on his mellow reed, That trembled and was still. It seemed as if a line of amber fire Had shot the matted dusk, As if had blown a wind from ancient Tyre Laden with myrrh and musk. He gave his luring note amid the fern; Its enigmatic fall Haunted the hollow dusk with golden turn And argent interval. I could not know the message that he bore, The springs of life from me Hidden; his incommunicable lore As much a mystery. And, as I followed far the magic play-er, He passed the maple wood, And when I passed, the stars had risen there— And there was solitude. —Duncan Campbell Scott.

LOWNESS FOR VETERAN MINISTERS OF THE GOSPEL.

Quotations from utterances of the President of the United States and from many governors are given to show how general the feeling is that something of the kind should be undertaken.

SUICIDE AN ACT OF COWARDICE.

ACCORDING to our New York dispatches, a subcommittee of the National Committee for the Relief of the Unemployed was appointed to arrange for the decoration of the graves of those who committed suicide because of the failure to obtain employment. The man who takes his life because he cannot get employment is deserving of no such honor. Usually he has some one dependent upon him for support, and instead of maintaining the struggle and doing his duty to the last he cravenly gives up the fight and deserts.

PLANTING TREES.

THE need of saving the forests has been discussed much of late. While this discussion has been going on, and before it was begun, millions of trees were being set in the ground. This fact is called to mind by the report of the Dominion Superintendent of Forestry that 13,000,000 trees have been set out on the Canadian prairies by the ranchers. The ranchers do the work, and the trees are furnished by the government nursery at Indian Head. About 2,000,000 trees are going into the ground each year. The aspect of many districts is rapidly changing for the better under the arrangement between government and planters, and, of course, the comfort of the ranchers is increased by the protection against wind. Farmers on this side of the line have long been doing what the Canadian ranchers are doing. The wind-break is an established institution in both countries. But this planting of trees does not affect the main question of course—the saving and replanting of the forests. Tree-planting on the prairies can be left to the farmers, who appreciate its value. The preservation of the forests depends upon the public.—Buffalo Express.

HOW CAN I SEND HIM AWAY?

talking with a tall, erect young man, named Richard Havers. That they were perilously near the verge of a quarrel was plain from the ugly scowl on the young man's face and from the girl's look of flushed exasperation.

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A Gentleman of The Old School

Sir Deans Cosway stepped out of the French window on to the hotel veranda, looked to the left and to the right; then, copying a red parrot, advanced on rather tottery legs toward it. His age was doubtful, but he could hardly have been less than 60, despite his well preserved figure, his mobile, expressive countenance, and keen, bright eyes.

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Political Discussion.

"The motto of our party is 'Turn the rascals out!'"

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