SYRUP OF FIGS FOR A CHILD'S BOWELS

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "dose" mother insisted on — castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Adv.

WHERE RASTUS FELL DOWN

Rather a "Giveaway" Was His Eagerness to Demonstrate He Could File an Alibi.

At a special session in Washington reference was made to the matter of making bad breaks, when Congressman James A. Frear of Wisconsin was reminded of an incident along that line.

Some time ago, he said, a farmer out his way began to miss his chickens, and in order to better protect them he had the door of the coop fitted with iron bars. Still the fowls disappeared, and finally a party named Rastus was arrested on suspicion.

"There seems to be no evidence against this man," said Rastus' lawyer to the judge at the subsequent trial, "and I ask your honor to discharge him."

"I will let him off with a suspended sentence," answered the judge, "providing he can file an alibi. Can you file an alibi, Rastus?" he continued, turing to the defendant.

"Yassah, boss. Yassah!" was the prompt response of Rastus. "I kin if dey ain't no harder dan de bahs on Mistah Johnsing's chicken coop."—Philadelphia Telegraph.

GRANDMA USED SAGE TEA TO DARKEN HER GRAY HAIR

She Made Up a Mixture of Sage Tea and Sulphur to Bring Back Color, Gloss, Thickness.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray; also ends dandruff, itching scalp and stops falling hair. Years ago the only way to get this mixture was to make it at home, which is mussy and troublesome. Nowadays, by asking at any store for "Wyeth's Sage and Sulphur Hair Remedy," you will get a large bottle of the famous old recipe for about 50 cents.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time, by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy.—Adv.

Couldn't Beat Her.

Ellanora had been the negro maid at Mrs. Hopson's for several years, and left to get married, says the Delineator. She moved to another city and nothing had been seen of her for a couple of years, when one day she called on her former mistress.

"And so you have a little son, Ellanora?" said Mrs. Hopson.

"Yes'um," smiled the woman. "A nice little boy."

"And what did you name him?" queried Mrs. Hopson.

"Well, we calls him Eggnogg," replied the colored woman.

"Eggnogg!" said the other. "That's a funny name for a boy."

"Well, yo' see, missus," explained Ellanora, "det cullud woman what lived nex' doah to me named her twins Tom and Jerry, an' I didn't want to be outdone by her."

CLEAR YOUR SKIN

By Daily Use of Cuticura Soap and Ointment. Trial Free.

You may rely on these fragrant superbreamy emollients to care for your skin, scalp, hair and hands. Nothing better to clear the skin of pimples, blotches, redness and roughness, the scalp of dandruff and itching and the hands of chapping and soreness.

Sample each free by mail with 32-p. Skin Book. Address postcard, Cuticura, Dept. Y, Boston. Sold everywhere. Adv.

History.

"My dear, you ought to pass up frivolous things and take an interest in deep subjects. Take history, for instance. Here is an interesting item. Gessler, the tyrant, put up a hat for the Swiss to salute." The lady was a trifle interested. "How was it trimmed?" she inquired.—Louisville Courier-Journal.

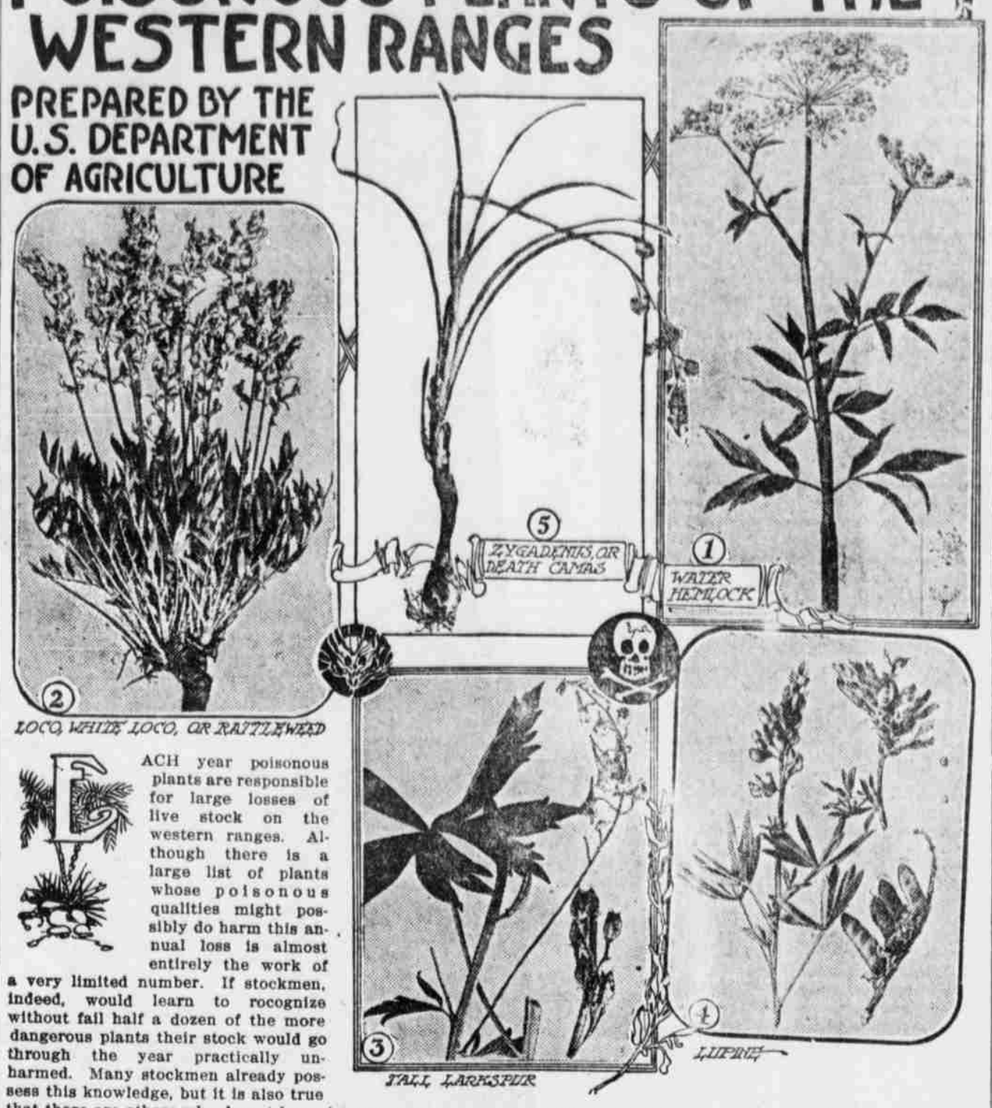
YOUR OWN DRUGGIST WILL TELL YOU Try Murine Eye Remedy for Red, Weak, Watery Eyes and Granulated Eyelids. No Smarting—just Eye comfort. Write for Book of the Eye by mail Free. Murine Eye Remedy Co., Chicago.

It doesn't pay to fight other people's battles, unless you happen to be a lawyer.

Happiness depends quite as much on what we don't do as upon what we do do.

POISONOUS PLANTS OF THE WESTERN RANGES

PREPARED BY THE U.S. DEPARTMENT OF AGRICULTURE



EACH year poisonous plants are responsible for large losses of live stock on the western ranges. Although there is a large list of plants whose poisonous qualities might possibly do harm this annual loss is almost entirely the work of a very limited number. If stockmen, indeed, would learn to rocognize without fail half a dozen of the more dangerous plants their stock would go through the year practically unharmed. Many stockmen already possess this knowledge, but it is also true that there are others who do not know what plants to avoid or where these enemies are most likely to be found. Common names, such as "loco," "poison weed" and "parsnip" are used in a very indefinite way.

Of these plants the cicuta, or water hemlock (Fig. 1), is the only one that is dangerous to man. It causes excessive frothing at the mouth, gnashing of teeth, pain and nausea which result in violent convulsions, and even death. It is poisonous at any season but does most of its damage in the spring and early summer. For domestic animals there is no remedy, but an emetic will frequently save man. It grows from three to four feet in height with a white flower. The root is the poisonous portion of the plant.

The locos are perhaps the most common of all the more poisonous plants. There are many varieties, but the one illustrated in figure 2 is one of the worst. It affects horses, cattle and sheep, causing progressive emaciation which after a time varying from a few weeks to two or three years may bring about starvation for the animal ceases ultimately either to eat or to drink. Good food, laxatives, strychnine for cattle and Fowler's solution for horses are recommended as remedies. All parts of the plant are poisonous. It is from six inches to a foot in height with flowers that vary from pure white to shades of purple and pink.

The larkspur on the other hand affects only cattle. There are two common varieties—the tall larkspur (Fig. 3) and the low larkspur. The tall larkspur grows from three to seven feet in height and the low from six inches to one and one-half feet. The flowers of both are violet-blue and purple. All parts of the plant are poisonous, but after it has blossomed the poisonous properties are lost. It is most to be feared, therefore, in spring and early summer. The first symptoms are repeated falling, accompanied by such weakness that the animal is unable to rise for some time. When on its feet it staggers. Nausea and vomiting come later and death from respiratory paralysis is apt to be the outcome. The affected animals should be kept still with their heads up hill and hypodermic injections of eserine and whisky administered.

Sheep find the lupine particularly dangerous. This plant (Fig. 4) grows from one to two feet in height with flowers of a light blue or blue-violet. All pods and seeds are poisonous in the late summer or fall. Sheep suffering from lupine poisoning, show nervousness and weakness. They become unduly sleepy and suffer from partial paralysis and are ultimately taken with convulsions which lead to death.

The zygandenus, or death camas (Fig. 5) is also particularly dangerous to sheep, but it affects horses and cattle as well. All parts of the plant are poisonous but the seed especially so. Frothing at the mouth, vomiting, trembling, with spasmodic gasping for breath are symptoms of this poisoning. It is not unusual for the animal to lie for days before death relieves it. The color of the flower is greenish yellow, the plant growing from four inches to one and one-half feet in height.

If stockmen will familiarize themselves with the appearance of these plants and with the symptoms that they cause it is believed that they can safeguard their herds from them without serious difficulty. Bulletins describing in detail some of the plants have already been issued by the United States department of agriculture and will be sent free on application while the department's supply lasts. The plants already described are those which it is most necessary to avoid.

Spider's Wonderful Web.

The spider is so repulsive as to cause a shudder in those who look upon it, and it is of no use in the world except for destruction of flies and other detestable insects, all making for a population that no army of spiders can exterminate. The housewife and all the rest of mankind may execrate the flies, but they would rather have a million flies than one spider; yet this infinitely disgusting creation of incomprehensible nature produces a thread and with magical facility flings it into wonderful web forms which baffle all explanation of the geometrician.

Few of the curiosities of the myriad insect world are so marvelous as the spinning of the spider and the silkworm. Many attempts have been made to utilize the spider for the production of silk, but the worm remains the almost absolute monopolist, though artificial silks are made from cotton and other material by an expensive treatment which are claimed to be equal to the real article in luster and elasticity.

Mineral Product of Washington.

The value of the mineral products of Washington, according to the United States geological survey, increased from $15,347,313 in 1912 to $17,578,743 in 1913.

NO NEED TO FEAR MEAT

Thorough Cooking of Uninspected Meat Will Render It Safe From Foot-and-Mouth Infection.

Prepared by the United States Department of Agriculture.

According to the specialists of the department of agriculture people, even in states quarantined for the foot-and-mouth disease, need have no fear of eating meat, provided they cook it thoroughly. The foot-and-mouth disease is not easily communicated to human beings through food, although milk from a diseased cow might transmit the disease to a human being. In the case of milk, however, pasteurization will render it entirely safe. Human beings who do get the disease commonly get it from direct contact with a sick animal. It is wisest, therefore, for people to keep away from all animals having the disease, unless they are properly provided with rubber gloves, coats and boots, and these are thoroughly disinfected after each visit to the animals.

In the case of meat, as in the case of milk, it must be remembered that all herds which actually show the disease are quarantined, and neither milk nor meat from the sick animals can be sold. Sixty per cent of the meat used in this country is produced in nearly 900 federally inspected slaughtering and packing establishments located in 240 cities. In these establishments no animal is slaughtered until it has passed an ante-mortem inspection and also a most rigid post-mortem inspection by a veterinarian at the time of slaughter. After slaughter its meat cannot leave the establishment until it has been carefully examined and stamped "U. S. Inspected and Passed." In all these establishments no animal showing any symptoms whatever of foot-and-mouth disease is allowed to go to slaughter, and no meat which, on post-mortem inspection, shows any suspicious symptoms of this complaint can be shipped out of the establishment. All meat suspected of coming from an animal suffering with this complaint is sent, under government seal, to the tanks to be rendered into fertilizer. The federal inspection stamp on meat, therefore, means that it is entirely safe.

The federal government, however, has no jurisdiction over local slaughter houses which do not ship meat outside of the state in which it is slaughtered. If, however, meat from such an animal did escape from one of these local slaughter houses, which are purely under state or municipal control, all danger of its communicating the disease to human beings would be removed when it is thoroughly cooked and sterilized. Those who are located near an infected region and wish to be absolutely certain of the safety of their meat should cook it thoroughly.

The disease when contracted by adults is not at all a serious illness. It commonly takes the form of slight fever sores in the mouth and a slight eruption on the fingers. In the case of small or sickly children, it may take a more serious form, especially if complicated by other illnesses.

FIND HOLY WRIT ON PAPYRI

Glasgow University Gets Priceless Manuscripts Discovered by Explorers in Egypt.

It was at Oxyrhincus that the famous new "Sayings of Jesus" were recently found. The most important of the papyri is a fragment of the fifteenth and sixteenth chapters of John's gospel, dating from the end of the third century and substantially confirming the readings so largely adopted by the New Testament revisers.

The fragment is further of importance as showing the outward form in which the New Testament writings were first circulated.

Their contents, it is known, were written in parallel columns on rolls of papyrus in upright letters of a medium size, and with no divisions between the words, and without punctuation marks, while the numerous lacunae, or breaks, caused by the brittle nature of the material, are themselves convincing evidence of the ease with which errors in copying would arise during the earliest period in the history of the text.

The second document, dating from the fifth century, is an amulet or charm, probably worn around the neck, as it was tightly folded up and tied with a string.

May Be Made Big Industry.

In the Philippines the government is making great efforts to improve the quality of tobacco grown there.

DENTISTS IN A CONTROVERSY

Method of Treatment of Dreaded Pyorrhea Has Been Made Subject of Discussion.

It seems that in England it is a common practice to pull all the teeth in order to cure pyorrhea alveolaris or Riggs' disease. Sir James Goodheart, the famous surgeon, raised an earnest protest against this. Certain dentists defend it, on the ground that oral sepsis is a common cause of rheumatic diseases. To these Sir James replies in a letter to the Lancet, in which he says:

"To one not an expert it seems more reasonable to hold that so long as teeth are good, firm in their sockets, free from pain and serviceable for easy mastication, there is something to be said on the side of keeping our own rather than taking to others that we know not of. We seem to be far too ready to jump from the latest hypothesis of oral sepsis to the proof thereof. The changes said to occur in the bone in these cases, for example, have they been clearly distinguished from those that must exist in company with retrocession of the gum?—an exceedingly common condition that carries with it usually no sign of sepsis."

Often a Quick One.

"Pa, are there any scene shifters in the theater of war?"

"Yes, son. Every time a battery of big guns gets the enemy's range there's a change of scene."

Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

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MORE ABOUT CANCER.

It is coming to be quite generally believed that cancer is essentially a problem of growth. If this be true, then the search for the "cure" or for the prevention of cancer leads us inevitably into the broad field of biological study of reproduction, because, as Haeckel says, "reproduction is nothing more than a growth of the organism beyond its individual mass, which erects a part into a whole." Unfortunately, because of this fact, there is but little hope of any immediate and material check being put on the scourge.

The prevention of cancer is clearly a matter of individual initiative, just as is the prevention of fire.

I firmly believe that any consistent evolutionist can, after a comparatively superficial examination of the biological facts pertaining to the most logical theory as to the cause of cancer, maintain himself immune not only to that disease, but also to many other unwholesome and distressing conditions apparently closely allied thereto.

The word "consistent" is used advisedly because few of us are consistent evolutionists. We are hyphenated evolutionists, evolutionists by profession, but not by conviction. It is the fashionable doctrine now and we must always be in fashion and do and think exactly as everybody else; but down in our secret souls we cherish a lot of superstitious nonsense that makes disciplined knowledge impossible and that is a menace to the whole world of orderly thought. Besides, it requires a considerable effort deliberately to start out to achieve a comprehensive understanding of any given subject, and we really haven't the time to do that. If this were not the real situation it is very obvious that most of our physical and social ills would speedily be corrected.

It is among the poor and the underfed in our city slums or in the inferior producing sections of the country that you will find the least indications of "race suicide." By keeping this idea in mind we shall not be surprised to discover that among the highly nourished rich families in the better parts of our cities and on the highly productive soil of the country in general we find but few children in the family. This is a universal biologic law well worth the consideration of some of our eminent "statesmen." The phenomenon of a decreasing birth rate confronts every nation progressing in well distributed wealth, and it is not a matter to be reached by legislation. Only starvation will correct it, and conversely a perfectly logical way to exterminate the slums of our large cities would be to feed the inhabitants. The slums would not then "swarm with ill nourished children," because nature, recognizing life to be secure from danger of starvation, automatically would reduce the number reproduced, just as she does in the corn field, the flower bed, the apple orchard or among the wild weeds of the field or the forest.

Obviously it is easy now to apply this same universal law of propagation to the billions of individual lives that constitute our bodies, provided we have trained ourselves to think straight. From the instant of impregnation an intense cell proliferation (multiplication by division) begins and normally continues along definite biologic lines to maturity. Maturity is that state wherein the individual cells reach the limit of their nutrition absorbing ability, the normal reproductive functions come into play and a biological balance of the entire organism is maintained for the normal life period of the organism, all parts of which are composed of stable "adult" cells. But if the organism is persistently deprived of some essential cell element, those starved cells, acting under the lash of hunger, rebel, and, following the law which compels all plants and animals to prolific reproduction in the face of extermination, they begin to proliferate again in a frantic effort to perpetuate the species.

Nature is prodigal of life; on every hand we see evidence of the sacrifice of many millions in order to perpetuate one type. This intense proliferation, the exact counterpart of natural evolutionary law visible on every hand in every department of life, forms what we call "juvenile" tissues, better known as cancer. And it is for this condition the world is being searched for a remedy.

Prevention by the immediate care of every enlargement, knowledge, courage, faith and a sane life in general without doubt will be found to be the solution of the cancer problem, as we shall later learn.

PREVENTION OF CANCER.

Study of the cause and cure of cancer has led to a vast amount of research work being done among the lower organisms, including fish, rats, mice, dogs, rabbits and the like, and these investigations have developed many highly illuminating facts of intense interest and significance to the human family.

Bonnet in 1883 was probably the first to note and describe a species of cancerous disease of the thyroid gland among trout. Following this suggestion, investigators have found that trout and other fish quite generally all over the world are afflicted with what appears to be a carcinoma beginning in the thyroid gland and from there spreading to the adjoining bones and muscles. The disease attacks chiefly fish over two years old and the general trend of opinion appears to be that its origin is in some way connected with the food supply.

Gaylord found the disease to be constantly present or endemic in not less than 75 per cent of the hatcheries containing salmonoids throughout the United States, and that it became epidemic and attacked all classes of fish in general from time to time.

In one hatchery more than 50 per cent of the tumors showed the structure of carcinoma, while in an epidemic encountered in another locality the growth was in general more like a simple goiter.

Marine and Lenhart endeavored, by a comprehensive series of experiments, to discover any possible connection between the ordinary goiter of fish and animals and the so-called cancerous affections of the thyroid gland. They discovered that young fish were more affected than the old, that the glandular enlargements were checked by the addition of iodine to the water of the pool and that the removal of the fish to an open brook effected a cure. These investigators consider the tumors to be directly related to the water supply, but do not accept the prevailing opinion that the disease is true cancer.

They consider that there are three factors which, in some way still obscure, influence thyroid enlargement, namely, limited water supply, overcrowding, and overfeeding with a highly artificial and incomplete food. They found the water of the hatchery was not intrinsically goiter-producing, because fish did not develop the disease unless one of these other factors was also in operation. That is to say, the fish must either be fed with an incomplete food, or the pool must be overcrowded with fish, which in the end amounts to practically the same thing, in order to produce the disease. And if the incomplete food was replaced by a complete food or the overcrowding was corrected, then recovery took place even though the fish remained in the same pool.

The significance of the above to humanity lies in the fact that so far as fish are concerned the water of the stream is synonymous with food, because normally fish derive their oxygen and all other food matter directly from the water in which they live; hence, if too many individuals are crowded into a given pool or the water normally does not carry sufficient material to maintain the group the weaker and less alert must inevitably suffer a deficiency of necessary elements.

Whether these glandular enlargements resulting from food deficiencies are or are not true cancer is not material at this time, because we do not yet know whether cancer begins as a malignant growth or whether a simple hypertrophy or enlargement is, in some way not yet understood, converted into a malignant disease. But, granting that they begin as simple benign enlargements, as they undoubtedly do, we do not know and are generally quite unable to determine at what stage an enlargement changes from the benign into the malignant type. Every enlargement should be viewed with suspicion and concern and should receive prompt attention at the hands of some competent person. This care should also extend to all hypertrophies; that is to say, to all and any enlargements or thickenings of tissues anywhere in the body, whether it be a gland or only the tissues of the nose, because these hypertrophies or thickenings indicate a tendency to overgrowth or hyperplasia from a disturbance in metabolism, a lack of nutritive balance usually due to some deficiency and quite certain in time to have grave consequences in the development of some one of the deficiency diseases if not of cancer.

A reasonable regulation of one's habits and indulgences will easily permit of the maintenance of the spirit of youth to the ends of one's days, and go far toward insuring one against cancer and many other undesirable diseases.

CHANGES WROUGHT BY TIME

Letter Writing and Fine Art of Conversation Gone—Is Book Reading Also to Go?

In my younger days, and up to a time which may be roughly estimated at twenty or thirty years ago, we had three main resources for the spending of idle hours, and these in their order of importance were reading, the art of conversation, and letter writing. Most people who remember the letters of this earlier period will remember them as giving, with charm and style, descriptions of the life and the news of the day. The necessity for such letter writing, removed by an overzealous and much too evident daily and hourly press, has passed away, and with it has passed one of the chief resources of our earlier years. The art of conversation, a constant resource and delight of older generations, and of which Emerson says, "Wise, cultivated, genial conversation is the last flower of civilization, and the best result which life has to offer us," has also passed away, or at any rate, is no longer understood as it formerly was, and there are certainly no adepts in its practice now to be found. Can it be true that reading is also to go out of fashion, that books will no longer be bought or read, and that their place is to be taken by other means of passing the time?—George P. Brett, in the Atlantic.

Indian Child's Grave House in Museum

A little grave house—the little wooden shelter the red men used to put over the graves of their dead—has been secured recently by the historical museum at Madison.

This little weatherbeaten house came from a child's grave and was found in the northwestern part of Wisconsin. In the front is a small opening through which food, water, and sweetmeats were passed for the sustenance and pleasure of the departed.

Popular Move.

For our part, we are willing to try to make old clothes fashionable this fall.—Dallas News.

BILIOUS, HEADACHY, SICK "CASCARETS"

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box.

Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

How "Sake" Is Made.

The crown prince of Japan sent a consignment of "sake" to the British crews attacking Kiauchau. This beverage, which should be drunk warm to appreciate its full flavor, is of a clear, light yellow color and tastes like highly-seasoned sherry. It is made of steamed rice, treated by a process which converts the starch into sugar; fermentation sets in and sake is produced. The character of the water has a definite effect on the liquor that results. Hence, for the best quality of sake only the best water is employed. An excise duty equivalent to 25 cents per gallon is levied on sake, the amount thus raised in 1912 totaling $28,000,000. The name is said to be derived from the town of Osake, which, from time immemorial, has been famous for sake brewing.

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of Chas. H. Fletcher

In Use For Over 30 Years.

Children Cry for Fletcher's Castoria

A Mutual Surprise.

Father—You didn't think I would pay all your college debts, now did you?

Freshman—If I had they'd been much bigger.—Philadelphia Ledger.

One in a Thousand.

Parke—Isn't Peterkin very religious?

Lane—Oh, yes, I hear he goes to church every month or so.—Life.

A Different Thing.

"Did Bill break his poor old father's heart by his gambling?"

"Not much; he broke the bank."

Well, Isn't It?

Willie—Paw, what is sheet music?

Paw—Snoring, my son.—Cincinnati Enquirer.

Beauty

Is Only Skin Deep

It is vitally necessary therefore, that you take good care of your skin.

ZONA POMADE

if used regularly will beautify and preserve your complexion and help you retain the bloom of early youth for many years. Try it for 30 days. If not more than satisfied you get your money back. 50c at druggists or mailed direct.

Zona Company, Wichita, Kan.

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is constantly growing in favor because it

Does Not Stick to the Iron

and it will not injure the finest fabric. For laundry purposes it has no equal. 16 oz. package 10c. 1-3 more starch for same money. DEFIANCE STARCH CO., Omaha, Nebraska

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MAN or BEAST, write for full particulars. Address INDIAN HERB REMEDY CO., Goshen, Ind.

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