

# Habitual Constipation

May be permanently overcome by proper personal efforts with the assistance of the one truly beneficial laxative remedy, Syrup of Figs and Elixir of Senna, which enables one to form regular habits daily so that assistance of nature may be gradually dispensed with when no longer needed as the best of remedies, when required, are to assist nature and not to supplant the natural functions, which must depend ultimately upon proper nourishment, proper efforts, and right living generally. To get its beneficial effects, always buy the genuine Syrup of Figs and Elixir of Senna manufactured by the

**CALIFORNIA FIG SYRUP CO. ONLY**  
SOLD BY ALL LEADING DRUGGISTS  
one size only, regular price 50¢ per bottle

## Educational Note.

From the Santa Ana, Cal., Blade.  
Along in the afternoon a young man from the country coming from the direction of the chautauqua was accosted by a citizen of the town who knew him.  
"Well, Ezry, I suppose you are in the chautauqua?"  
"I shore are; just come from there now."  
"How'd you like it?" asked the townsman.  
"Fine ez a fiddle! I rode on the durn thing nine times!"

# SICK HEADACHE

**CARTER'S LITTLE LIVER PILLS.**  
Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

**SMALL PILL. SMALL DOSE. SMALL PRICE.**

**CARTER'S LITTLE LIVER PILLS.** Genuine Must Bear Fac-Simile Signature. *Brewster* REFUSE SUBSTITUTES.

## The Man Who is Always "Just Going To."

From Success Magazine.  
He meant to insure his house, but it burned before he got around to it.  
He was just going to pay a note when it went to protest.  
He was just going to help a neighbor when he died.  
He was just going to send some flowers to a sick friend when it proved too late.  
He was just going to reduce his debt when his creditors "shut down" on him.  
He was just going to stop drinking and dissipating, when his health became wrecked.  
He was just going to provide proper protection for his wife and family when his fortune was swept away from him.  
He was just going to introduce a better system into his business when it went to smash.  
He was just going to call on a customer to close a deal when he found his competitor had preceded him and secured the order.  
He was just going to quit work awhile and take a vacation when nervous prostration came.  
He was just going to repair his sidewalk when a neighbor fell on it and broke a leg.  
He was just going to provide his wife with more help when she took to her bed and required a nurse, a doctor and a maid.

## Need for Haste.

From Harper's Weekly.  
A popular clergyman of Toledo, Ohio, recently received this communication from one of his parishioners:  
"This is to give you notice that me and Miss Cora Cook is coming to your church on Saturday afternoon next to undergo the operation of matrimony at your hands. Pleas be prompt, as the hack is hired by the hour."

**WE SELL GUNS AND TRAPS CHEAP**  
& buy Furs & Hides. Write for catalog 105 N. W. Hyde & Fur Co., Minneapolis, Minn.

## He Was in the Clear.

From the Kansas City Journal.  
A Salvation army preacher was recently holding forth at much length at a Garden City street corner. His subject was directed at men in general. He spoke of the cross manner in which husbands often address their wives, and then said: "If there is a man here who has not spoken a cross word to his wife in the last 30 days I want him to step forward."  
He paused for a moment, waiting for his words to sink in. C. E. Dickinson, a Garden City jeweler, stepped forward.  
"What?" said the preacher.  
"You bet," replied Dickinson, "my wife has been visiting out of town for over a month."

Medical advice. Give full particulars and enclose \$1. S. D. Stevenson, M. D. Box 615, Plaquemine, Ohio.  
Mr. Growler—A man committed suicide yesterday because his home was unhappy.  
Mrs. Growler—I daresay that made his home happier.

## Immunity.

From the Bohemian Magazine.  
Satan had just ordered more coal thrown on the fire.  
"By Tumious," he cursed, "but that last arrival is a tough proposition. The more I try to roast him the more he smiles."  
He called the chief stoker.  
"Well, what luck?" asked Satan.  
The stoker shook his head.  
"He's still smiling," he answered.  
"Where's he from?" cried old Nick, out of patience.  
"New York. He used to be a baseball umpire in—"  
"Sulphurous serpents! Why didn't you say so before? Take him down, we can't feaze him."

## TEN YEARS OF BACKACHE.

Thousands of Women Suffer in the Same Way.

Mrs. Thos. Dunn, 153 Vine St., Columbus, Ohio, says: "For more than ten years I was in misery with backache. The simplest housework completely exhausted me. I had no strength or ambition, was nervous and suffered headache and dizzy spells. After these years of pain I was despairing of ever being cured when Doan's Kidney Pills came to my notice and their use brought quick relief and a permanent cure. I am very grateful."  
Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

## Only a Runner-Up.

From Warwick James Price.  
The Best Man thought he'd take a look around and see that everything was running as a fastidious bride would wish it, and up in the room where the presents were displayed, alone and unhappy-looking, he came upon a youth, seemingly ready, like the wedding guest of the English poet, to "beat his breast." He was wandering about, looking at silver and cut glass without seeing them, and the Best Man hardly knew how to approach him.  
"Er—have you kissed the bride?" he asked at last.  
And the answer told far more than its two meager words might have been expected to. It was: "Not lately!"

Mrs. WINDSOR'S SOOTHING SYRUP FOR CHILDREN (which softens the lungs, reduces inflammation, always cures whooping cough, croup & croupy colds.)

## No Flats for Rent.

From the New York Weekly.  
Young Man—I am to be married in about a month, and I'm looking for a home. What is the rent of these flats?  
Janitor—H'm. Did the girl you intend to marry ever have a mother?  
"A mother? Certainly."  
"Of course."  
"H'm. Let me see. Did that grandmother have a daughter?"  
"Great snakes! Of course."  
"Very sorry, sir; but I can't rent one of these fine flats to people like that. I'm afraid having children runs in the family."

# FOR FEMININE EYES



GOWN OF DOTTED FOULARD.

White foulard silk dotted with coin spots in black was used for the model here pictured, the trimming of the gown being stitched bands and straps of black satin and buttons of the silk. The yoke was of sheer tucked white mull, inserted with lace, and the trained skirt had a deep applied hem piped with black.

## PIES AND CAKES: THREE GOOD RECIPES

### Banana Pie.

When baking pies make an extra crust, bake by placing over the bottom of a pie tin. Slip an extra tin under the one on which your crust is placed to keep the edges from burning. Before wanted slice bananas thin, sweeten and place in crust. Whip cream, sweeten a little, flavor with lemon extract, and place on top. The white of an egg may be used for the top instead of cream or small fruit instead of bananas. Put small cup of sugar over fire with a little water as for icing, boil to a syrup, and pour over the fruit hot; let cool, and put in crust with either top preferred. This is a nice way to sweeten fruit and it tried will be liked.

### Keep Layer Cake Together.

To keep the top layer of a cake from sliding off when frosting, thrust a clean steel batpin through both layers. By so doing one can cover both top and sides of cake nicely.

### Prune Pie.

Soak two cups of prunes in cold water over night, seed them, add one-half cup of raisins, the grated rind and a few drops of juice of a lemon. Sweeten to taste and cook till tender. Bake with two crusts. This will make two pies.

### Cookie Baking.

When ready to roll cookies or any soft dough spread pieces of cloth over kneading board, dredge thickly with flour and drop your dough upon this from the spoon. Flour rolling pin, pat your dough in shape with spoon, dredge with flour, roll out. By this little trick your cakes will not stick to the board and you have not ruffled your temper or ruined your cookies.

### Asked and Answered.

"And why does he so gloomy look So sad and so forlorn?"  
"Why he does not think that he Can retain his digni-ty If from the cob he tries to eat green corn."

### MERRY WIDOW COMBS.

The day of the Merry Widow is not yet done. We now have hair combs as well as hats and most other garments by this name.  
The combs are of pierced shell for day wear and for evening they have wings set with semiprecious jewels. Coral and pearl, jade and turquoise and rhinestones are all used.

### Solitude.

The solitude of hills, or of the sea,  
The solitude of dense far-stretching woods,  
Have naught in them of loneliness for me,  
Who love the songs of elemental moods.  
But in the city streets, where myriad feet  
Pass here and yon in hurried onward press,  
'Tis there I find a wilderness complete,  
And taste the woes of utter loneliness.  
—John Kendrick Bangs, in the July Metropolitan Magazine.

## CALIFORNIA ROAST: AN EASILY COOKED DINNER

### California Roast.

Select three pounds of round steak, cut three inches thick, lay flat on table and pound thoroughly into it on each side one cup of flour, using edge of dinner plate; salt and pepper to taste. Place in hot spider and brown both sides. Remove from spider and place in well buttered baking pan, keeping plenty of water in same. Bake for two hours in hot oven. When done lay on platter, pour over roast thick brown gravy and garnish with sliced onions and parsley. This makes an inexpensive and tender roast.

### Easily Cooked Dinner.

Take a two gallon butter jar, one that is as wide as it is high. Wash the jar, season to taste, place into the jar "dry," with no water whatever. Have a good cover, weighted heavily, to keep the steam in. Place the jar on an asbestos mat over a slow coal fire or gas burner at 9:30 a. m. without a second thought about your roast until noon, and you will find it beautifully done. The gravy juice is golden brown and ready for thickening while the potatoes are boiling.  
The estimated cooking are as follows: Beef, 30 to 40 minutes; pork, 20 to 30; lamb, 20 to 25; chicken, 30 to 35; tame duck, 40 to 60; wild duck, 30 to 40.

### Tender Roasts.

To keep roasts from burning and make them tender and palatable place a small pan of vinegar in the oven. This applies to all roasts. To keep a fish compact and solid while baking pour over a good sized fish about three tablespoonsful of vinegar. It also gives an excellent taste.

## NEW CLOTHES FOR FALL.

It is rumored that the chevron design will be the smart thing in all neutral tones of cloth for autumn wear.  
Smoke and elephant gray, several shades of brown and dark blue have all been dyed ready for the counters, and each one of them will be christened with a fine new name.

Marine insurance is the oldest kind of modern insurance. Its principles were first employed in the 14th century by the merchants of Barcelona, in Spain, when that city was the capital of the kingdom of Catalonia, and when its hardy mariners were second to none in the world. About the same time, and also at Barcelona, the famous code of maritime laws known as the "consulado del mar," was promulgated, which is the foundation of the present shipping laws of every country.

Many a man is so suspicious that if his wife kisses him when he comes home late he thinks she's merely trying to find out if he's been drinking anything?

## BE ATTRACTIVE IN YOUR HOME.

If you must wave your hair on curlers or kids, do it after your husband has left the house for the day and not at night.  
Just imagine what a fright you look with your hair, the crowning beauty of a woman, done in two tight little braids at the back and six or seven horn-like projections in the front.  
And don't leave your false hair in full sight on the bureau.  
Can you conceive how like a wild animal or a scarecrow you must look to him when he views you in the morning light?  
Can you blame him for thinking the smart looking woman he sees more fascinating than his wife?  
Remember, he has not seen them in curl papers.  
To arrange the hair for the night, divide it and tie the front part loosely on top with a big bow of ribbon, then braid the back in two braids and tie the ends with ribbon. This is so much neater and more attractive than to do it up on curlers or leave it done up as it has been all day.  
A man once said that any woman who wore her hair in kids or curlers in the presence of her husband deserved to lose his love.  
Some women do not think it possible for them to do their household work unless attired in an unsightly wrapper. Usually an ugly creation, bought ready made, of brown, blue and white striped calico, seems to be the favorite garment.  
The chief advantage is that they do not show the dirt. The dirt is there, however.  
Wives who go into kitchen and pantry should provide themselves with shirtwaist suits of clean looking material in light shades, which, when soiled, would show it, and be sent to the tub.  
For summer have them made with short sleeves and a Dutch neck, and at least three inches from the floor.  
These are no more difficult to get into than a wrapper, and consider how much more attractive one looks to husband and children!

# What is Castoria.

**CASTORIA** is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The children's Panacea—The Mother's Friend.

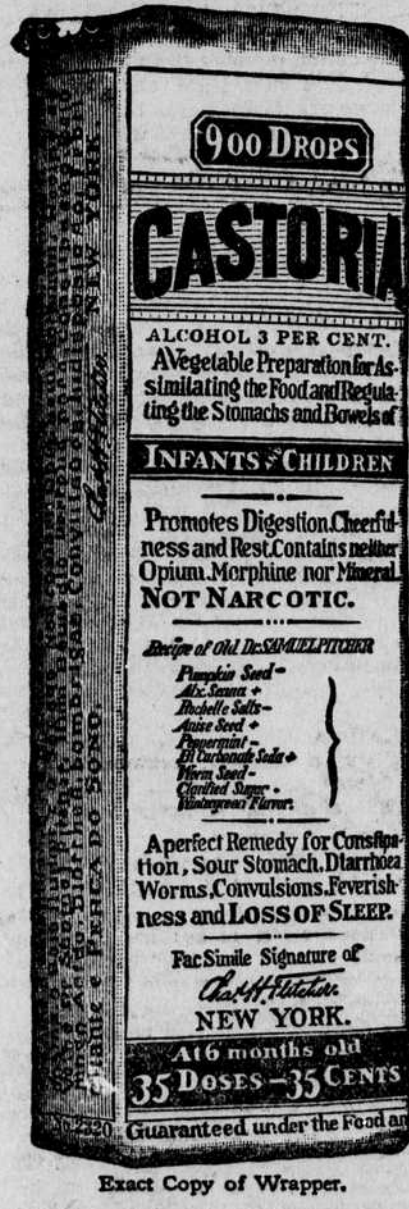
The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

## Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. F. Gerald Blattner, of Buffalo, N. Y., says: "Your Castoria is good for children and I frequently prescribe it, always obtaining the desired results."  
Dr. Gustava E. Eisengraeber, of St. Paul, Minn., says: "I have used your Castoria repeatedly in my practice with good results, and can recommend it as an excellent, mild and harmless remedy for children."  
Dr. E. J. Dennis, of St. Louis, Mo., says: "I have used and prescribed your Castoria in my sanitarium and outside practice for a number of years and find it to be an excellent remedy for children."  
Dr. S. A. Buchanan, of Philadelphia, Pa., says: "I have used your Castoria in the case of my own baby and find it pleasant to take, and have obtained excellent results from its use."  
Dr. J. E. Simpson, of Chicago, Ill., says: "I have used your Castoria in cases of colic in children and have found it the best medicine of its kind on the market."  
Dr. R. E. Eskildson, of Omaha, Neb., says: "I find your Castoria to be a standard family remedy. It is the best thing for infants and children I have ever known and I recommend it."  
Dr. L. R. Robinson, of Kansas City, Mo., says: "Your Castoria certainly has merit. Is not its age, its continued use by mothers through all these years, and the many attempts to imitate it, sufficient recommendation? What can a physician add? Leave it to the mothers."  
Dr. Edwin F. Pardee, of New York City, says: "For several years I have recommended your Castoria and shall always continue to do so, as it has invariably produced beneficial results."  
Dr. N. B. Sizer, of Brooklyn, N. Y., says: "I object to what are called patent medicines, where maker alone knows what ingredients are put in them, but I know the formula of your Castoria and advise its use."

## Genuine CASTORIA ALWAYS Bears the Signature of

*Chas. H. Fletcher*  
The Kind You Have Always Bought  
In Use For Over 30 Years.



# PUTNAM FADELESS DYES

Color more vivid and longer lasting than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Fix Colors. MONROE DRUG CO., Quincy, Illinois

# Night Sweats & Cough.

E. W. Walton, Condr. S. P. Ry., 717 Van Ness St., San Antonio, Tex., writes: "During the summer and fall of 1902, my annoyance from catarrh reached that stage where it was actual misery and developed alarming symptoms, such as a very deep-seated cough, night sweats, and pains in the head and chest. I experimented with several so-called remedies before I finally decided to take a thorough course of Ferrus."  
"Two of my friends had gone so far as to inform me that the thing for me to do was to resign my position and seek a higher, more congenial climate. Everyone thought I had consumption and I was not expected to live very long."  
"Having procured some Ferrus, I decided to give it a thorough test and applied myself assiduously to the task of taking it, as per instructions, in the meantime."  
"The effects were soon apparent, all alarming symptoms disappeared and my general health became fully as good as it had ever been in my life."  
"I have resorted to the use of Ferrus on two or three occasions since that time to cure myself of bad colds."

## Rhapsody on a Dog's Intelligence.

Dear dog, that seems to stand and gravely brood  
Upon the broad veranda of our home,  
With soulful eyes that gaze into the gloam,  
With speaking tail that registers thy mood,  
Men say thou hast no ratiocination;  
Methinks there is a clever imitation.  
Men say again thy kindred have no souls,  
And sin is but an attribute of man;  
Say, is it chance alone that bids thee, chosen then,  
Choose only garden spots for digging holes?  
Why dost thou flinch some fragment of the cooking  
At times when no one seemeth to be looking?  
Was there an early Adam of thy race,  
And brinded Eve, the mother of thy house,  
Who shared some purloined chicken  
With her spouse,  
Thus causing all thy tribe to fall from grace?  
If fleas dwelt in the garden of that Adam,  
Perhaps thy sinless parents never had em.  
This morn thou cam'st a-slinking through the door,  
Avoiding eyes, and some dark corner sought,  
And though no accusation filled our thought,  
Thy tail, apologetic, thumped the floor.  
Who claims thou hast no conscience argues vainly.  
For I have seen its symptoms very plainly.  
What leads thee to forsake thy board and bed  
On days that are devoted to thy bath?  
For, if it is not reason, yet it hath  
Appearance of desire to plan ahead!  
The sage who claims thy brain and soul be wizen  
Would do quite well to swap thy head for his.  
—Burgess Johnson, in Harper's Weekly.

## EYESIGHT WAS IN DANGER

From Terrible Eczema—Baby's Head a Mass of Itching Rash and Sores—Disease Cured by Cuticura.  
"Our little girl was two months old when she got a rash on her face and within five days her face and head were all one sore. We used different remedies but it got worse instead of better and we thought she would turn blind and that her ears would fall off. She suffered terribly, and would scrawl until the blood came. This went on until she was five months old, then I had her under our family doctor's care, but she continued to grow worse. He said it was eczema. When she was seven months old I started to use the Cuticura Remedies and in two months our baby was a different girl. You could not see a sign of a sore and she was as fat as a new-born baby. She has not had a sign of the eczema since. Mrs. H. F. Budke, LeSueur, Minn., Apr. 15 and May 2, '07."

Taxicabs in London, as in New York, are a marked success, and the hansom is being crowded out, reports say. Although scarcely a year has passed, since these swift moving carriages appeared, the capital already invested in London taxicabs is \$10,000,000. There are 708 taxicabs on the streets, 2,600 taxicabs on order and 1,700 licensed drivers. There are eight London taxicab companies, the average day's earnings of a cab being \$11.95. The average cost is \$1,703.

Mrs. Benham—Why does a hen cross a road?  
Benham—Well, some old hens go across to tell the latest gossip to the neighbors.



# DYSPEPSIA

"Having taken your wonderful 'Cascarets' for three months and being entirely cured of stomach catarrh and dyspepsia, I think a word of praise is due to 'Cascarets' for their wonderful composition. I have taken numerous other so-called remedies but without avail and I find that Cascarets relieve me in a day than all the others I have taken would in a year."  
James McGinn, 108 Mercer St., Jersey City, N. J.



Best for The Bowels. THEY WORK WHILE YOU SLEEP. Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sicken, Weaken or Grip, 10c, 25c, 50c, Never Sold in Bulk. The genuine tablet stamped O. O. Guaranteed to cure or your money back. Sterling Remedy Co., Chicago or N. Y. 59c ANNUAL SALE, TEN MILLION BOXES

It affiliated with Thompson's Eye Water cure Eyes, use