

## All Who Would Enjoy

good health, with its blessings must understand, quite clearly, that it involves the question of right living with all the term implies. With proper knowledge of what is best, each hour of recreation, of enjoyment, of contemplation and of effort may be made to contribute to living aright. Then the use of medicines may be dispensed with to advantage, but under ordinary conditions in many instances a simple, wholesome remedy may be invaluable if taken at the proper time and the California Fig Syrup Co. holds that it is alike important to present the subject truthfully and to supply the one perfect laxative to those desiring it.

Consequently, the Company's Syrup of Figs and Elixir of Senna gives general satisfaction. To get its beneficial effects buy the genuine, manufactured by the California Fig Syrup Co. only, and for sale by all leading druggists.

### THE UNEMPLOYED.



"There's plenty of work about if you only look for it."  
"Yes, and by the time I've found it all me energy's gone!"

### THE PERUNA ALMANAC.

The druggists have already been supplied with the Peruna almanac for 1909. In addition to the regular astronomical matter usually furnished in almanacs, the articles on astrology are very attractive to most people. The mental characteristics of each sign are given with faithful accuracy. A list of lucky and unlucky days will be furnished to those who have our almanacs, free of charge. Address The Peruna Co., Columbus, O.

### Not a Trouble-Maker.

When six-year-old Oliver returned from his first day at Sunday school his father asked him what they had told him, whereupon Oliver related as best he could the miracle of the loaves and fishes. His father suggested that the story was a rather hard one to believe, and asked the boy what he thought about it, but Oliver evaded his father's question. The next morning, however, the two were alone at breakfast.

"Father," said the boy, suddenly and solemnly.

"Well," answered the father. "I didn't believe that story about the loaves and fishes yesterday," continued the child, in a quiet, confidential tone, "but I didn't say anything. I didn't want to start an argument."—Success Magazine.

### The Auctioneer's Hourglass.

An auctioneer of Philadelphia collects all sorts of objects pertaining to his ancient calling. He has, among other things, an interesting set of auctioneer's hourglasses.

The auctioneer, a century or so ago, concluded a sale, not by saying "Going—going—gone!" and rapping the counter with his hammer, but it was his better method to turn up a free-running glass toward the end of the bidding, and to end the sale trevitably when the sands ran out. This saved confusion and dispute.

The auctioneer's glasses in the Philadelphia collection are picturesque. One is of tortoise shell and mother of pearl. Another is of amber and gold. A third is of oak and ivory.

### DIDN'T KNOW

Coffee Was the Cause.

Many daily habits, particularly of eating and drinking, are formed by following our elders.

In this way ill health is often fastened upon children. A G. A. lady says: "I had been allowed to drink coffee ever since I could remember, but even as a child I had a weak stomach, which frequently refused to retain food."

"The taste of coffee was in my mouth all the time and was, as I found out later, the cause of the stomach rebelling against food."

"I now see that it was only from following the example of my elders that I formed and continued the miserable habit of drinking coffee. My digestion remained poor, nerves unstrung, frequent headache, and yet I did not suspect the true cause."

"Another trouble was a bad, nuddy complexion for which I spent time and money for creams, massaging, etc., without any results."

"After I was married I was asked to try Postum, and would you believe it, I, an old coffee toper, took to Postum from the very first. We made it right—according to directions on the pkg., and it had a most delicate flavor, and I at once quit coffee, with the happiest results."

"I now have a perfectly clear, smooth skin, fine digestion and haven't had a headache in over two years."

"There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read, "The Road to Wellville," in plz.

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

## I'VE BEEN THINKING

About American Fathers

By Charles Battell Loomis

(Copyright by W. G. Chapman.)

Have you ever been "the head" of a family made up of strongly individualized members?

"Ain't it awful, Mabel?" (to use a cant phrase that I particularly loathe).

"Shall the people rule?" They do rule in my house, although I am the head. The "people" are my son John and my daughter Dorothy, our cook and the wife of my bosom, Mrs. Courtlay.

It necessarily follows that I am Mr. Courtlay, because such a thing as divorce is unknown in my family, and so my wife's name is the same as mine.

You know I hold that divorce doesn't really change a woman's name. If she gets married to a man to begin with that settles it. His is her name to the end of the chapter. It may be a whim of mine, but if I can't have my own way in my own house I can at least have my own whims.

Well, Mrs. Courtlay has a good mind and it is a mind of her own. I do not pretend to influence it. Oh, yes I do.



The Head of the Family.

To speak exactly, I do pretend to influence it, but everybody in my family is on to the pretense and we all laugh at it together.

My oldest child, John, is 22, and he has voted once.

I have always voted the Republican ticket. I did it because my father did it before me and because I was brought up to think that a mugwump was a disgrace to any family, and it was, of course, out of the question to be a Democrat. So I voted the Republican ticket and was secretly glad when Grover Cleveland was elected.

John voted for a Democrat who was known to be inferior in every way to the Republican candidate for governor of my state, and he did it just to show his independence. I couldn't help being proud of him even while I deplored his pigheadedness.

The evening before election day I had taken him aside and I had said to him: "John, you are about to enjoy the most blessed privilege that an American has—if he doesn't happen to be a woman paying taxes and responsible for debts and owning real estate—you are about to cast a vote, and I hope that you will show your party loyalty by voting as your father and grandfather did before you, even though the Republican candidate be the devil himself."

And John, who is taller than I, looked down at me benignantly and said: "Father, I have a mind of my own and a vote of my own, and just to show that a Courtlay is not necessarily a faithful dog with a collar on his neck I will vote for Murren, although I do not think he is as good a man as Bradford."

"Are you a mugwump?" I almost wept.

"There is no such thing as a mugwump now," said he, "but they were honored men with convictions who dared throw off the party yoke. Most men of my generation refuse the yoke, father, and you are a dear old moss-back and a back number. And I'll tell you something else, father, I believe that by next year I'll vote the Socialist ticket."

Yes, that's what he said. "Take my daughter, also. I don't mean take her away, because we are not thinking of marriage for her until she is 22 at least, and she is only 19."

I am a Christian. Well, of course, I don't mean that I set like one. That would be expecting too much. A fellow doesn't have to act like a Christian in order to be one unless he happens to be a Unitarian. And I am not one. Some one referred to a Unitarian the other day as a "near-Christian."

"Yes," said mother, "they are nearer Christianity than any other sect."

But to get back to my daughter. I am a Christian.

She is an agnostic.

It's only independence. I tell you what, if I had understood how this new generation was going to act I would have become an infidel when the children were born so as to insure their being Christians.

My daughter is a well behaved child and I think she is well intentioned, and I know she is generous and kind hearted, but she will not go to church. It makes it very hard on me, because as John stays away from church because he doesn't approve of our pastor's brain, I have to go to church myself or else let my wife go alone.

I'd rather play golf—if I knew how.

Mind you, I believe in churches. Why, my father always went to church, but I get so sleepy, and my pastor never has any new thoughts to give me. But I go faithfully, and they are thinking of making me a pillar of the church because I'm almost the only man left in the congregation.

For a head of a family I'm oftener at the foot than any man I know.

Take one more example. We had to pull up stakes and move this fall. Owner wanted to keep house himself.

I am naturally a man of decisive mind (I've been successful in business and that counts for something those days) and I made up my mind at once that I would try the city, having lived in the suburbs for a number of years.

As my son is a student at Yale it didn't make any difference to him where we spent the winter, so he did not offer any objection, but my daughter said: "That's idiotic, father. You know how I like out of doors. We'll stay where we are. It'll be easy enough to get another rent."

My daughter used so authoritative

## EXTRAORDINARY INCREASE IN FARM LANDS.

"SOUTHERN ALBERTA IS A MIGHTY GOOD COUNTRY."

No stronger or better evidence can be given of the merits of a country than that which comes from the testimony of the settler who has determined to succeed. This is why we reproduce the following letter, which speaks for itself. These people were induced to go to Western Canada through the solicitation of a Canadian Government agent, who secured for them the low railway rates.

"Carmangay, Alta., Canada, 12-15-'08. Mr. C. J. Broughton, Canadian Government Agency, 135 Adams Street, Chicago: We had audacity enough to tackle the proposition of buying four sections of land in Southern Alberta, thirty miles east of Clairholm and heading up on the Little Bow, and our two boys each got a homestead adjoining. We fenced three sections and the two homesteads, and built a house, barn, corrals and granary, and have since enlarged some of these buildings. We have broken 200 acres of land, which has been sowed to oats and wheat. During the severe winter of two years ago the winter wheat killed out somewhat, and our crop yielded only ten bushels to the acre, but the spring wheat went 24 bushels to the acre. In this country we must be prepared for storms and cold, at times 20 to 30 below zero, yet on the whole the winters are mild; and while there are exceptional crops, it is fair to say that the average farmer can depend on having a yield in average years of from 20 to 25 bushels to the acre for spring wheat; and winter wheat in our immediate neighborhood yields from 25 to 30 bushels to the acre on the average.

We have now quite a bunch of horses, over 50 in all, about 350 sheep, after having sold 140 for mutton this fall. We have 20 head of pure bred registered Shropshire, which are worth \$20 each. The average price received for mutton sheep was \$5.00 and a little over. Pork brings 5 and 6 cents a pound. We have about 30 head of cattle on our ranch now, and last winter they picked their entire living from our pasture, running to the straw stacks for shelter at night.

The increase of land values has been extraordinary. Our land four years ago cost us a little less than \$6.00 an acre. We have sold one section for \$15.00, but we would not sell any more for less than \$25.00 per acre, as we expect the railroad within four miles of our ranch within the next 18 months. Southern Alberta of Western Canada is a mighty good country for any man or woman who loves outdoor life, and who wants to get good returns for their labor and investment.

"We have been pleased with our treatment from the Canadian Government, and can heartily commend Southern Alberta as a splendid country in which to locate."

"Yours very truly,  
(Signed)  
"JAMES S. AINSLIE AND SONS"

Woman to Conduct Large Estate.

Mrs. Jennie L. Doane of Brockton, Mass., has been appointed to administer the half million dollar estate of the late R. N. Packard and also to have complete control of his large shoe factory. Mr. Packard died suddenly without making a will. His heirs were a brother and two sisters, none of whom knew anything about his business. Mrs. Doane had been in the employ of Mr. Packard for a number of years and he had often spoken of her ability to his relatives, declaring that she had more brains than any two men of his acquaintance. For that reason his heirs asked to have her appointed and put in full charge of his business.

WHY suffer with eye troubles, quick relief by using PETTIT'S EYE SALVE, 25c. All druggists or Howard Bros., Buffalo, N. Y.

Take time by the forelock.—Swift. Be wise to-day; 'tis madness to defer.—Young.

PILES CURED IN 6 TO 14 DAYS. PAZO OINTMENT is guaranteed to cure any case of Piling, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

The words coined in the mint do not increase our vocabulary.

Smokers appreciate the quality value of Lewis' Single Binder cigar. Your dealer or Lewis' Factory, Peoria, Ill.

You might say of a legal wedding, "Certainly knot."

DEFIANCE Gold Water Starch makes laundry work a pleasure. 16 oz. pkg. 10c.

# Ask Her This Question

"Do you know of any woman who ever received any benefit from taking Lydia E. Pinkham's Vegetable Compound?"

If any woman who is suffering with any ailment peculiar to her sex will ask her neighbors this question, she will be surprised at the result. There is hardly a community in this country where women cannot be found who have been restored to health by this famous old remedy, made exclusively from a simple formula of roots and herbs.

During the past 30 years we have published thousands of letters from these grateful women who have been cured by Lydia E. Pinkham's Vegetable Compound, and never in all that time have we published a testimonial without the writer's special permission. Never have we knowingly published a testimonial that was not truthful and genuine. Here is one just received a few days ago. If anyone doubts that this is a true and honest statement of a woman's experience with Lydia E. Pinkham's Vegetable Compound write and ask her.

Houston, Texas.—"When I first began taking Lydia E. Pinkham's Vegetable Compound I was a total wreck. I had been sick for three years with female troubles, chronic dyspepsia, and a liver trouble. I had tried several doctor's medicines, but nothing did me any good."

"For three years I lived on medicines and thought I would never get well, when I read an advertisement of Lydia E. Pinkham's Vegetable Compound, and was advised to try it."

"My husband got me one bottle of the Compound, and it did me so much good I continued its use. I am now a well woman and enjoy the best of health."

"I advise all women suffering from such troubles to give Lydia E. Pinkham's Vegetable Compound a trial. They won't regret it, for it will surely cure you."—Mrs. Bessie L. Hicks, 819 Cleveland St., Houston.

Any woman who is sick and suffering is foolish surely not to give such a medicine as this a trial. Why should it not do her as much good as it did Mrs. Hicks.

### Billion \$ Grass

The greatest grass of the century. Same grows everywhere and yields from 12 to 15 tons of hay, and lots of pasture besides per acre.

### Clovers

Largest growers of Clovers, Alfalfa, Timothy & Grass Seed in America.

Salzer's Catalog is the most original seed book published and is a daily method of increasing your acreage free of cost. 10c and get 15 tons of hay, and lots of pasture besides per acre. Including Billion \$ Grass, worth a little farm to get a start with.

John A. Salzer Seed Co., LACROSSE, WISCONSIN

## COLDS

### CURED IN ONE DAY

### GRIP

Munyon's Cold Remedy Relieves the head, throat and lungs almost immediately. Checks fevers, stops discharges of the nose, takes away all aches and pains caused by colds. It cures Grip and obnoxious coughs and prevents pneumonia. Price 25c.

Have you stiff or swollen joints, no matter how chronic? Ask your druggist for Munyon's Rheumatism Remedy and see how quickly you will be cured.

If you have any kidney or bladder trouble get Munyon's Kidney Remedy. Munyon's Vitalizer makes weak men strong and restores lost powers.

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A typewriter without an equal. Best materials, best workmanship, ease of operation and absolute visibility combine to make it the

### Best Typewriter

THE MONARCH TYPEWRITER COMPANY  
411 South 16th Street, Omaha, Neb.

### DR. MCINTOSH celebrated

## NATURAL UTERINE SUPPORTER

gives immediate relief. Sold by all surgical instrument dealers and leading druggists in United States & Canada. Catalog and price list sent on application. THE HASTINGS & McINTOSH TRUSS CO., 612 Walnut St., Philadelphia, Pa., manufacturers of trusses and sole makers of the genuine stamped "MCINTOSH" supporter.

### PARKER'S HAIR BALSAM

restores and beautifies the hair. Promotes a luxuriant growth. Never Fails to Restore Gray Hair to its Youthful Color. Cures scalp diseases & hair falling. Price 25c and \$1.00 at Druggists.

### LIVE STOCK AND MISCELLANEOUS ELECTROTYPES

In great variety for sale at the lowest prices by A. N. ARLING, 107 N. 16th St., St. Paul, Minn., Chicago.

Manufactured with Pure Glycerine. Thompson's Eye Water  
W. N. U., OMAHA, NO. 6, 1909.

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### bearing this trademark. Don't be misled by imitations

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