

THE WHITE PLAGUE

SYSTEMATIC WARFARE WAGED TO WIPE OUT CONSUMPTION.

Warning That Intemperance Increases the Liability to Contract Disease—Neglected Colds a Prolific Source.

Organized effort is now being made throughout the United States to fight consumption. A warning is given against intemperance habits, which increase the liability to consumption, while spitting in public places is deprecated, as the disease is frequently contracted from dried sputum.

Colds should not be neglected, as they leave the lungs in a peculiarly receptive condition for the tubercular germ. The following simple formula will break up a cold in twenty-four hours. A leading authority on lung trouble says that when prepared from pure ingredients, it will cure any cough that is curable.

Take half ounce Virgin Oil of Pine (Pure); two ounces glycerine and half pint good whisky. Shake well and use in teaspoonful doses every four hours.

The ingredients can be secured from any good prescription druggist at small cost, and to avoid substitution should be purchased separately and mixed in your own home.

Virgin Oil of Pine (Pure) is put up in half-ounce vials for dispensing. Each vial is securely sealed in a round wooden case, with engraved wrapper, with the name—Virgin Oil of Pine (Pure), prepared only by Leach Chemical Co., Cincinnati, O.—plainly printed thereon. There are many rank imitations of Virgin Oil of Pine (Pure), which are put out under various names, such as Concentrated Oil of Pine, Pine Balsam, etc. Never accept these as a substitute for the Pure Virgin Oil of Pine, as they will invariably produce nausea and never effect the desired result.

POTENT LIQUOR IS SAKE.

Lafcadio Hearn's Testimony as to Strength of Japanese Wine.

There is no liquor in the world upon which a man becomes so quickly intoxicated as Japanese sake (rice wine), and yet none of which the effects last so short a time. The intoxication is pleasant as the effect of opium or hashish. It is soft, pleasant, luminous exhilaration, everything becoming brighter, happier, lighter; then you get very sleepy.

At Japanese dinners it is the rule to become slightly exhilarated, but not to drink enough to talk thickly or walk crooked. The ability to drink at banquets requires practice—long practice.

There are banquets of many kinds, and the man who is invited to one at which extensive drinking may be expected is careful to start in upon an empty or almost empty stomach. By not eating one can drink a good deal. The cups are very small and of many curious shapes. One may be expected to empty 50. A quart of sake is a good deal; two quarts require iron nerves to stand. But among the Japanese there are wonderful drinkers. At a military officer's banquet a captain offered me a tumbler holding a good pint of sake. I almost fainted at the sight of it, for it was only the first. But a friend said to me: "Only drink a little and pass it back," which I did. Stronger heads emptied cup after cup like water.—Letters of Lafcadio Hearn.

It is great folly not to part with your own faults, which is possible, but to try, instead, to escape from other people's faults, which is impossible.—Marcus Aurelius.

A cheerful life is often better than the solemn truth.

MAY BE COFFEE

That Causes all the Trouble.

When the house is afire, it's like a body when disease begins to show, it's no time to talk but time to act—delay is dangerous—remove the cause of the trouble at once.

"For a number of years," says a Kansas lady, "I felt sure that coffee was hurting me, and yet, I was so fond of it, I could not give it up. I paltered with my appetite and of course yielded to the temptation to drink more. At last I got so bad that I made up my mind I must either quit the use of coffee or die.

"Everything I ate distressed me, and I suffered severely almost all the time with palpitation of the heart. I frequently woke up in the night with the feeling that I was almost gone,—my heart seemed so smothered and weak in its action that I feared it would stop beating. My breath grew short and the least exertion set me to panting. I slept but little and suffered from rheumatism.

"Two years ago I stopped using the old kind of coffee and began to use Postum Food Coffee, and from the very first I began to improve. It worked a miracle! Now I can eat anything and digest it without trouble. I sleep like a baby, and my heart beats full, strong and easily. My breathing has become steady and normal, and my rheumatism has left me. I feel like another person, and it is all due to quitting coffee and using Postum Food Coffee, for I haven't used any medicine and none would have done any good as long as I kept drugging with coffee." Name given by Postum Co., Battle Creek, Mich. "There's a Reason." Read the little book, "The Road to Wellville," in pkgs. All grocers.

WHERE PEOPLE BELIEVE IN OMENS

Washington, self-admitted center of culture and enlightenment, looks upon superstition as a form of devil worship that vanished with witch burning. Yet within two hours' ride of the capitol are communities that, despite public schools and church choir factions and problems and things, are as deeply saturated with superstition as the scholarly bats that flitted through the intellectual twilight of the middle ages.

In the upper reaches of the Virginia counties that flank the Blue Ridge on the east and climb the mountain shoulders until they look down over the summit into the Shenandoah valley, the daily life of the hill dweller is hedged in with countless signs and omens, all portents of evil. Through them he walks gingerly, fearful lest in propitiating one genius of disaster he offend against another.

A religious and church-going folk are these—on Sunday. The rest of the week they devote to keeping out of the clutches of "bad luck," the modern form of that disagreeable and uncomfortable old god of the Zidonians, Baal, who visited them with dire and original punishments when he didn't get his regular allowance of broiled baby. They don't broil babies, these latter day worshippers, but they keep themselves in perpetual hot water.

"Hance," said a sturdy old farmer of Big Cobbler mountain to his son, as the boy started out on a June morning to hoe the weed choked corn, "ther meen's in the secon' quarter, an' ef yer chop 'em down, them weeds 'll grow worse' ever. Better wait 'll nex' week.

"Sides, I want yer ter go fer ther doctor. Yer ma's aillin' this mawin', an' 'er durned whippo' will set on ther horse block an' hollered las' night 'tel I clodded him off. Yer know what that means!"

Whipporwills, that the ignorant may know as much as Hance, mean early and sudden death. For years they had made that block a rendezvous for their nightly chorals, while the family remained healthy as hostlers. But it shook not the old man's belief in the faith of his fathers. The doctor was hurriedly fetched, only to find ma recovered "as peart as a cricket!"

"Don't yer put that sassafras wood in ther kitchen fire!" cried the old lady to her helping hand one day, a 12-year-old girl, as yet unlearned in the lore of the hills. "Every single cow on ther place 'll go dry ef yer do. Go an' put it in pa's fire."

"A listening city man wondered at this fine distinction.

"Law, chille," sagely explained the old lady, "it's jes' puttin' sassafras in ther kitchen fire what makes cows go dry; it don't make no diffrence in no other fire. Why, when I wuz er gal over'n Rappahannock—" and wise saws and ancient instances were copiously cited to sustain the theory of interrelation of sassafras, kitchen fire, and cow.

Sometimes they hit it. One day the city man bent on a little exercise in wood chopping, strolled through the house with an ax a-shoulder.

"Git outer hyah 'th that," roared the old man in pallid terror. "Don't yer know it's ther wors' luck in ther worl' ter tote er ax thro er house? What yer thinkin' 'bout, anyhow?"

An hour later, as the city man approached the dwelling, his ears were flooded with a torrent of high treble recriminations mingled with a deep flow of apologies. They gushed from the door and window. The city man betook himself back to the placid forest, where he abode until the gusty Niagara had subsided. As he emerged the old man met him.

"I knowed yer'd make trouble 'th thet air ax," he said accusingly. "Yer hadn't got fer ez ther barn 'fo ther old 'oman foun' er Jug er moonshine hid under ther bed, an' I'd done swore off las' Cris'mas fer er year. Let this be er lesson ter yer, m' son, an' don't never tote er ax thro er house no mo'." The city man began to believe there was something in it.

"Peacocks won't stay 'th us," explained the old lady when the city man suggested them as an ornament to the velvety blue grass lawn. "They won't stay 'th po' folks.

"We used ter have er beautiful pair of 'em. They stayed here fere years 'til we los' that law suit 'th ther Cyarters an' got po'. Ther very nex' night them peacocks went down ther mount'n, pas' Dorse Heflin's place an' ole man Cooser's, who's both po' folks, an' didn't stop 'tel they got plum' ter Colonel Waller's, thet owns 'bout half o' Warren county.

"They've been thar ever since, an' they'll stay thar 'tel ther Wallers gits po', and then they'll move on. No, 'tain't no use ter git peacocks hyah."

One sign the sexes split on. The men hold it is worse to drink whiskey on the waxing, the women on the waning moon. They agree, however, that a given and sufficient amount will make a man twice as drunk and twice as long when the moon is on the wane. So it is simply a question for dialecticians and prohibitionists.

"That fool put 'em on ther barn on ther dark of ther moon," complained the old man when he saw the shingles curling up like the bow of a toboggan; "an' he laid ther rail fence in ther pas'ture on the dark, too—time I wuz sick 'n' couldn't git out an' learn him some sense. That's why it's sunk two rails deep in ther groun' 'ready. It'll go plum' out er sight in ther earth in er couple er years. 'Co's 'twas ther moon!"

AILING WOMEN.

Keep the Kidneys Well and the Kidneys Will Keep You Well.

Sick, suffering, languid women are learning the true cause of bad backs and how to cure them. Mrs. W. G. Davis, of Groesbeck, Texas, says: "Back-aches hurt me so I could hardly stand. Spells of dizziness and sick headaches were frequent and the action of the kidneys was irregular. Soon after I began taking Doan's Kidney Pills I passed several gravel stones. I got well and the trouble has not returned. My back is good and strong and my general health better."

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

Jews in Senate Chamber.

Simon Guggenheim will be the sixth Jew to sit as a member in the United States senate. The first Jew chosen to that honor was David Yule, who represented Florida from March, 1840, to March, 1853. He was born in the West Indies and his name was David Levy, by which he was known when he was elected as a member of the house of representatives in 1841. The second Jew in the senate was Judah P. Benjamin, who served from 1852 to 1857. He also was born in the West Indies. He represented Louisiana. Benjamin F. Jonas was born in Kentucky and represented Louisiana in the senate. Joseph Simon was a senator from Oregon from 1898 to 1903. Isidor Rayner was chosen as a senator from Maryland in 1904.

Caution.

Imitations have been placed upon the market so closely resembling Alcock's Plasters in general appearance as to be well calculated to deceive. It is, however, in general appearance only that they compare with Alcock's, for they are not only lacking in the best elements which have made Alcock's so efficient, but are often harmful in their effects. Remember that Alcock's are the original and only genuine porous plasters—the best external remedy known—and when purchasing plasters the only safe way is to always insist upon having Alcock's.

By Endless Chain.

"Speaking of the endless chain prayer that is going the rounds," said the woman with the cheerful voice, "I can't see what good that can do, unless, maybe, it might start some poor wretch on the road to glory, but I got an awfully nice silk petticoat through an endless chain once. The manufacturers sent letters asking for five names and a ten-cent piece. I sent five names and the ten-cent piece, not thinking much about it, just trying it, and it wasn't long before they sent me this lovely silk petticoat. It was the nicest sort of silk, too. As long as I wore it it didn't crock."

Oats—Heads 2 Foot Long.

The John A. Salzer Seed Co., La Crosse, Wis., are bringing out a new oat this year with heads 2 foot long! That's a wonder. Their catalog tells! Spetz—the greatest cereal hay food America ever saw! Catalog tells!



FREE

Our mammoth 148-page Seed and Tool Catalog is mailed free to all intending buyers, or send 6c in stamps and receive free samples of new Two Foot Long Oats and other cereals and big catalog free. John A. Salzer Seed Co., Box W, La Crosse, Wis.

Has Right to Damages.

A Baca county man threatens to sue a hunter for \$500 damages because the hunter killed a laying hen. A hen that will lay at this season is worth money, you know.—Denver Post.

By following the directions, which are plainly printed on each package of DeFiance Starch, Men's Collars and Cuffs can be made just as stiff as desired, with either gloss or domestic finish. Try it, 16 oz. for 10c, sold by all good grocers.

The best man at a wedding cannot always prove it.

PUTNAM FADELESS DYES color Silk, Wool and Cotton at one boiling, fast, beautiful colors. 10c per package.

A reform champion's husband believes a reformation would be good.

Trappers' Supplies Sold Cheap. Write for catalog and circular No. 9. N. W. Hyde & Fur Co., Minneapolis, Minn.

When a man makes a show of himself he's not always comely.

Lewis' Single Binder straight 5c cigar made of rich, mellow tobacco. Your dealer or Lewis' Factory, Peoria, Ill.

And people who stand up for their rights usually want to sit on the rights of others.

TO CURE A COLD IN ONE DAY Take LAXATIVE BROMO QUININE TABLETS. Drug stores refund money if it fails to cure. E. W. GROVES' signature is on each box. 25c.

A man will remember the kiss he forgot to get long after the others are forgotten.

Panthers and Grizzly Bears. Ship Furs Pelta McMillan Fur & Wool Co., Minneapolis, Minn. Write for prices.

There are more ways than one by which a woman can get even with a man. One way is to marry him, and another is not to.

Garfield Tea, an unusually practical household remedy: take it for constipation, to keep the liver normal, to purify the blood, to dispel colds, to cure rheumatism, to keep well!

Eleven-year-old Sportman.

The heir apparent of the Sirgija State, a boy of 11 years, has developed a remarkable aptitude for shikar. He began to use a gun when only seven years of age and up to the present time has accounted for seven tigers, six panthers and two bears, not to mention other large and small game.—Allahabad Pioneer.

MOTHERHOOD

The first requisite of a good mother is good health, and the experience of maternity should not be approached without careful physical preparation, as a woman who is in good physical condition transmits to her children the blessings of a good constitution.

Preparation for healthy maternity is accomplished by Lydia E. Pinkham's Vegetable Compound, which is made from native roots and herbs, more successfully than by any other medicine because it gives tone and strength to the entire feminine organism, curing displacements, ulceration and inflammation, and the result is less suffering and more children healthy at birth. For more than thirty years



MRS. JAMES CHESTER

Lydia E. Pinkham's Vegetable Compound

has been the standby of American mothers in preparing for childbirth. Note what Mrs. James Chester, of 427 W. 35th St., New York says in this letter:—Dear Mrs. Pinkham:—"I wish every expectant mother knew about Lydia E. Pinkham's Vegetable Compound. A neighbor who had learned of its great value at this trying period of a woman's life urged me to try it and I did so, and I cannot say enough in regard to the good it did me. I recovered quickly and am in the best of health now."

Lydia E. Pinkham's Vegetable Compound is certainly a successful remedy for the peculiar weaknesses and ailments of women.

It has cured almost every form of Female Complaints, Dragging Sensations, Weak Back, Falling and Displacements, Inflammation, Ulcerations and Organic Diseases of Women and is invaluable in preparing for Childbirth and during the Change of Life.

Mrs. Pinkham's Standing Invitation to Women

Women suffering from any form of female weakness are invited to write Mrs. Pinkham, at Lynn, Mass. Her advice is free.

For Reconstructing Kingston.

Kingston, Jamaica—The reconstruction committee appointed by Archbishop Nuttall to carry out proposals for rebuilding the city met and passed a resolution to ask the imperial government to advance a loan of \$5,000,000 at a low rate of interest.

Wages Advanced.

Columbus, O.—An advance in wages, averaging about 4 per cent, is granted firemen, trainmen, yardmen and switchmen of the Toledo & Ohio Central railway as the result of a conference of railway officials and representatives of the employes.

FARMS FOR RENT AND SALE ON CROP.

J. MULHALL, SIOUX CITY, IOWA.

CHEAP LANDS

Unexcelled for general farming, stock raising, fruit, truck and horticulture. Write nearest office for circulars and particulars. M. V. Richards, Land and Industrial Agent, Southern Ry. and Mobile & Ohio R. R., Washington, D. C. C. S. Chase, West. Agt., Six Chemical Bldg., St. Louis, Mo.

Thompson's Eye Water

It alleviates with 1 sore eyes, use 1

THE VALUE OF PERSONAL KNOWLEDGE

Personal knowledge is the winning factor in the culminating contests of this competitive age and when of ample character it places its fortunate possessor in the front ranks of

The Well Informed of the World.

A vast fund of personal knowledge is really essential to the achievement of the highest excellence in any field of human effort.

A Knowledge of Forms, Knowledge of Functions and Knowledge of Products are all of the utmost value and in questions of life and health when a true and wholesome remedy is desired it should be remembered that Syrup of Figs and Elixir of Senna, manufactured by the California Fig Syrup Co., is an ethical product which has met with the approval of the most eminent physicians and gives universal satisfaction, because it is a remedy of

Known Quality, Known Excellence and Known Component Parts and has won the valuable patronage of millions of the Well Informed of the World, who know of their own personal knowledge and from actual use that it is the first and best of family laxatives, for which no extravagant or unreasonable claims are made.

This valuable remedy has been long and favorably known under the name of—Syrup of Figs—and has attained to worldwide acceptance as the most excellent family laxative. As its pure laxative principles, obtained from Senna, are well known to physicians and the Well Informed of the world to be the best we have adopted the more elaborate name of—Syrup of Figs and Elixir of Senna—as more fully descriptive of the remedy, but doubtless it will always be called for by the shorter name of—Syrup of Figs—and to get its beneficial effects, always note, when purchasing the full name of the Company—California Fig Syrup Co.—printed on the front of every package, whether you call for—Syrup of Figs—or by the full name—Syrup of Figs and Elixir of Senna.

CALIFORNIA FIG SYRUP CO.

SAN FRANCISCO, CAL., U.S.A. LOUISVILLE, KY. LONDON, ENGLAND. NEW YORK, N.Y.

Heart of the Home

WRITE US FREELY

and frankly, in strictest confidence, telling all your troubles, and stating your age. We will send you FREE ADVICE, in plain sealed envelope, and a valuable 64-page Book on "Home Treatment for Women." Address: Ladies' Advisory Department, The Chattanooga Medicine Co., Chattanooga, Tenn. G 98

A Little Child

carries with it the possibilities of great happiness, into the heart of a childless home. Women who wish for children, should understand that sterility is not so much of a disease, as a symptom of female weakness, and, that in 90 cases out of 100, when the female weakness has been cured by

WINE OF CARDUI Woman's Relief

the longed-for visit of the stork comes. Dr. J. J. Livingston, of Freeman, Ind., writes: "I prescribed Cardui to a lady patient, who had previously had three or four mishaps. She took 6 bottles and was soon made the happy mother of a well-grown boy, who is still living and doing well. I think that Wine of Cardui is the sole cause of her being able to have this child." Whatever may be the form of your female trouble or weakness, try Cardui. It is a reliable remedy for all the diseases peculiar to women.

AT ALL DRUGGISTS IN \$1.00 BOTTLES