

Habitual Constipation

May be permanently overcome by proper personal efforts with the assistance of the one truly beneficial laxative remedy, Syrup of Figs & Elixir 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. To get its beneficial effects always buy the genuine.

CALIFORNIA FIG SYRUP CO.
SOLD BY ALL LEADING DRUGGISTS
ONE SIZE ONLY—REGULAR PRICE 50¢ PER BOTTLE

FASHION HINTS



This pretty silk model has a tucked front panel from yoke to hem. The tight sleeves have tiny tucks as trimming. Large silk covered buttons help to give a tailored air. It is a very practical frock for many occasions, and dressy as well.

Still struggling.

"Uncle Hiram, have you ever written any magazine stories?"
"N—no, not yet, dear; I have only written stories for magazines."

In case of accident, cuts, wounds, burns, scalds, sprains, bruises, etc., nothing will so quickly take away all pain and soreness as Hamlin's Wizard Oil.

Oh, To Lose.

He—I'll bet I steal a kiss from you.
She—And I'll bet you two kisses you can't.

Dyspepsia and constipation are avoidable miseries—take Garfield Tea, Nature's Herb laxative.

Hereafter all fish sold in Constantinople must be kept in shops paved with marble (which is cheap there), or with plaques of so-called Malta stone.

FILES CURED IN 6 TO 14 DAYS
PAZO OINTMENT is guaranteed to cure any case of Itching, Blisters, Bleeding or Protruding Files in 6 to 14 days or money refunded.

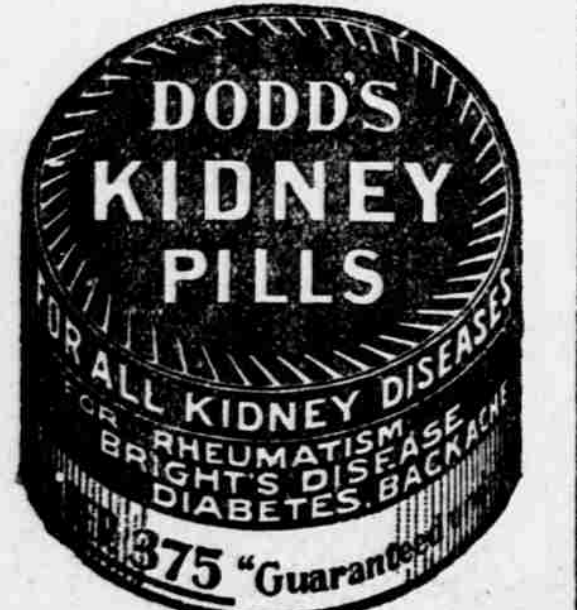
A gun for throwing a lifeline to a wrecked vessel by the use of air compressed by hand is a recent English invention.

Save your hands, men and women; order our popular strong working gloves used by everybody. 15c pair. Agents wanted everywhere. Richmond Glove Co., Box 668, Richmond, Va.

Africa leads in the matter of gold production and the United States is second.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

Perfume Used by Royalty.
Queen Wilhelmina of Holland has daily a pint of eau de cologne in her morning bath; Queen Victoria of Spain affects a mixture of iris and lavender on her handkerchiefs; Queen Helena of Italy prefers iris and heliotrope; the Dowager Queen of Italy and Queen Amelia of Portugal are devotees of sweet violets, but the Empress of Russia leads the way, as she spends no less than \$20,000 a year on perfumery in Paris alone. In respect of violets she requires that they shall be plucked just at sunset. And when the boxes reach St. Petersburg they are first sent to be examined lest they might conceal a bomb or some deadly poison.



WOMEN'S INTERESTS

To Cure Insomnia.

When you sleep, in which direction do you lay your head?

It makes much difference. Even in sleeping there is much science.

Sleeplessness or insomnia may be greatly relieved if not actually cured by having the body lie in the natural relation of its own magnetism and the earth magnetism.

The human body is a great living magnet, almost as delicately poised as a magnetic needle in the compass box. When the compass needle is placed in an east and west direction at once the needle begins to try to get in a north and south line with its length. This is because the magnetic waves in passing from the north pole of the world to the south pole sweep the magnetic needle into the line of least resistance, lengthwise, so the magnetic forces of the needle and the earth may be in harmony.

If you are sleepless, or rest poorly, look after the arrangement of your bed. Turn its head to the north. Get your body in line with the magnetic polar earth waves and have no magnetic counteraction in your nervous make-up by the earth currents running across your magnetic organism. The proof of a medicine is its results.

Try this north and south body line-up and note results that will make you marvel if you are nervous and sleepless.

Hot and Cold Baths.

Cold and hot water face baths combined are much more effective than either one alone, for it takes the hot bath to cleanse the skin and the cold one to invigorate and stimulate it. The English are devoted to the cold water bath for the whole body as well as the face, and the English men as well as the women are famous for the beauty of their complexion. The cold bath makes the skin look clean, but it does not cleanse it. The face should be washed in hot or at least warm

are figuring largely in the new hat decoration.

The familiar white yoke has given place to the colored one of transparent material.

Black tunics, heavy with embroidery, are sometimes worn over gowns of white satin.

Blue Velvet Gown.



Smooth blue chiffon velvet is the material employed in a magnificent afternoon gown. The cut shows the clever draping on right side, just above knee, and the yoke and stock of white Irish crochet lace are outlined with shaped collar, elaborately braided in self-tone soutache. Pointed straps on

do the work of the president of the board of county visitors, to act as special agent to the county commissioners in cases of destitution, and to be the humane officer and secretary of the local humane society.

She is a widow and the mother of three children, whom she supports and cares for as well as though she did nothing but keep house. She is a New Yorker by birth and has lived in Colorado less than eight years.

Lace and Silk Mull.

At the places where Irish lace is sold there comes a tiny scalloped edge, and this can be used with good result on a small bit of inexpensive silk mull. The two combined make a dainty and costly looking jabot for a turnover collar at a small price. The silk mull is plain or dotted, and sells for about 25 cents a yard. If this is made into six fine plaits, about four inches long, with a tab and a buttonhole at top, then edged with the Irish scallop, it can be worn with one's smartest blouses or sent as a gift to a critical friend.

Real Attractiveness.

A magnetic personality is often more powerful than ability, and is often, very often, placed in the balance against it. It is therefore advisable to exert oneself to the utmost to cultivate that wonderful charm to the highest degree, and she who has it not is too much to be pitied as blamed, for it is, more or less, within the reach of all.

To Wash White Cashmere.

First of all, remove hooks and eyes and any colored trimming. Then shave up about four ounces of curd soap, put it in a small soappan, cover with water and allow it to melt over a gentle heat. When quite dissolved take out a cupful, beat remainder up to a lather in a gallon of hot water. When

PRETTY FASHIONS FOR THE MATRON WHO DOES HER OWN HOUSEWORK.



water and should be rinsed in water of the same temperature. This should always be followed by dashing cold water on the face, neck and throat until the skin tingles and glows. The only time when the face should not be rinsed in cold water is after the evening bath, when the pores must be left open to drink in the skin food that has been applied. The shock of the cold water draws the blood to the surface and makes the skin firm, smooth, and healthy looking. The glow that this treatment brings to the cheeks is nature's rouge and surpasses by far any prepared rouge that one could buy.

Fads and Fancies in Dress

There is a fad for soft suede leather neckties.

There is a hint of revolt against the empire style.

Almost every gown has a different shoulder scarf.

The shawls of sixty years ago are again in good style.

For evening there is a revival of the canary-colored scarf.

Satin of the palest pink is the new color for evening wear.

Cotton velvets are much used for tailor-made suits just now.

Belts will match the skirts instead of the waists this season.

The parasol handle of the long directoire fashion is considered smart.

All over braided and embroidered coats are seen with perfectly plain skirts.

Roses, in velvet or chiffon or tissue,

shoulders and across front are black satin. The sleeves are made attractive with buttoned scallops and small velvet-covered buttons.

Cleaning Windows.

Chamois skin is excellent for use in cleaning windows. Hot water would spoil it. Wash the windows with the wet chamois skin. Rinse the skin and squeeze it as dry as you can. Now wipe the windows again with the damp skin and leave what moisture remains on the windows to evaporate. If the windows are washed every week the work will be lessened, for it only will be necessary to wipe the windows once with the dampened skin. The skin must be kept perfectly clean or the windows will be streaked. To clean the skin after using it, lay flat on a table or sink and rub with plenty of soap and cold water.

Good Headache Cure.

One of the very best remedies for a sick or nervous headache was suggested recently by a Finnish servant girl. She took raw potatoes without either washing or paring and cut them into thick slices. These were laid close together on the forehead and temples and kept in place by covering with a large handkerchief folded cornerwise and tied in the back.

In a short time the pain disappeared. As the pieces of potato get hot replace with cold fresh ones. They give all the coolness of ice without the incidental dampness, and there is not the burning sensation ice often causes. The potato is distinctly soothing.

A Woman Editor.

Mrs. Catherine B. Bell, editor of the Cannon, of Cannon City, Colo., besides attending to her household and editorial duties, finds time to serve as pro-

the heat has gone off immerse the cashmere, squeeze it in and out, and knead it a little. On no account must soap be rubbed on the material. When all the dirt has been removed squeeze as much of the water out as you can without wringing, and place the article in a bath of tepid water, to which the cupful of dissolved soap and a little blue have been added. Squeeze as much of the water out again as you can and hang up to dry in the open air. When nearly dry pass through the mangle and press on the wrong side with a hot iron.

Natty Mushroom Hats.



Care of Water Bags.

After filling a rubber water bottle with hot water press the sides of same before you screw on the top. In so doing all the steam comes out and there will be no danger of the bottle ripping no matter how hot the water.

A Cheap Quilt.

Five or six thicknesses of newspaper placed between light layers of cotton batting or dienet, and covered and tacked in the usual way, make a warm light and cheap quilt. Brown paper may be substituted for newspaper.

One Advantage of Having a Den.

A den is a room where father can sit in the evening without the neighbors discovering that he has holes in his socks.—Acheson Globe.

WOMAN DIES FOR MURDER.

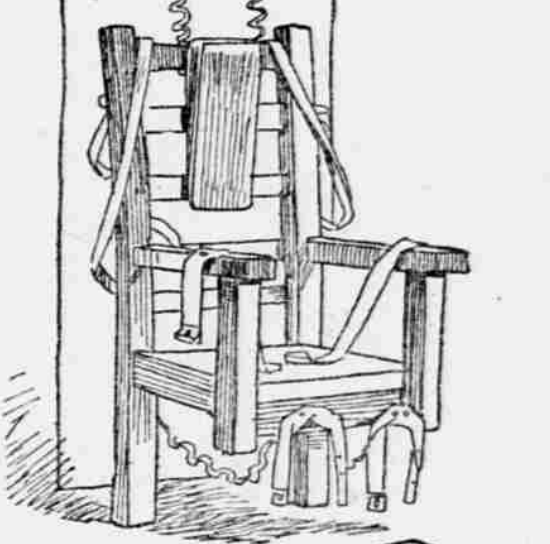
Mrs. Mary Farmer Goes to Electric Chair and Exonerates Husband.

Mrs. Mary Farmer was led to the electric chair in Auburn (N. Y.) prison shortly after 6 o'clock Monday morning and paid the penalty for the murder of Mrs. Sarah Brennan at Brownville last April. The execution of Mrs. Farmer—the second infliction of the sentence by electrocution on a woman in New York State—was effected without sensational incident. Five women, two of whom were prison attendants, were witnesses. Father Hickey, spiritual adviser of the condemned woman, afterward gave out a statement signed by Mrs. Farmer in which she declared that her husband, under conviction for the same crime, was innocent and knew nothing of murder until after it had been committed.

Mrs. Sarah Brennan, a neighbor of the Farmers in the village of Brownville, Jefferson County, was murdered April 23, 1908. The body of Mrs. Brennan was found in a trunk owned by Mrs. Farmer. Mrs. Farmer and her



MRS. MARY O. FARMER.



husband were given separate trials, and although the evidence was circumstantial, both were convicted and sentenced to death. Mrs. Brennan and her husband lived in a house which they had occupied for twenty years and which was owned by Mrs. Brennan. Months before the homicide, in October, 1907, Mrs. Farmer went to a lawyer's office at Watertown, produced a deed of the Brennan property, and impersonating Mrs. Brennan, had the deed transferred to James D. Farmer, signing the name "Sarah Brennan." The deed was returned from the clerk's office to James D. Farmer Nov. 26, and Jan. 7, 1908, Mrs. Farmer and her husband went to another lawyer and had the deed drawn to Peter J. Farmer, a child born to them the preceding September.

CHARGED WITH BIG FORGERY.

Roy Horton Arrested in Kansas City, Accused of \$75,000 Swindle.

Roy Horton was arrested in Kansas City on a charge of forgery for an amount placed at \$75,000 and will be taken back to East St. Louis, Ill. He is charged with perpetrating a confidence game upon the Stock Yards Company of East St. Louis. Horton had been trading in horses for several weeks in Kansas City under the name of William Ryan. John L. Horton, Roy's brother, was arrested at the home of his wife's mother in Upper Alton, Ill., March 10, and is now out under \$12,000 bail. In 1898 the Hortons established in East St. Louis the commission firm of Horton Brothers & Hess. A part of the firm's business consisted in financing feeders in Texas. In 1902 the brothers disappeared, and it was then discovered that they had questionable paper out to an amount approaching \$100,000.

UNION PACIFIC TRAIN IS BURNED

Passengers Escape in Wreck and Fire Near Castle Rock, Utah.

West-bound passenger train No. 3 on the Union Pacific Railroad struck a rock slide about a mile west of Castle Rock, Utah, about 4:30 a. m. Wednesday and went into the ditch. The wreckage immediately took fire and the baggage car, mail car and five passenger coaches were destroyed. The baggage man and fireman are reported missing, but all the passengers, according to the meager reports received, escaped serious injury.

MAN BELIEVED DEAD IS ALIVE.

The Family of Henry Bethers Buried a Body in Council Bluffs.

Henry Bethers, who was supposed to have been burned to death in a car of slag shipped from Council Bluffs to Valley, Neb., last month, has returned home alive and well from St. Louis, where he has been working. A charred body was found in a car of slag and from fragments of clothing and a physical deformity it was identified as that of Bethers and buried by his family.

Wonders of Science.

"In this compartment, ladies and gents," said the dime museum lecturer, "is a fine specimen of the wonderful animal known as the armadillo. I call your attention particularly to its hard, horny epidermis, or more properly its shell, which is invulnerable. The armadillo, when pursued by an enemy, immediately doubles itself up into the form of a perfect sphere, every square inch of which is protected by its armor, in which shape, ladies and gents, it was used by the cave man, or prehistoric progenitor of our race, in playing the game of baseball. Pass on now to the next cage, which contains the celebrated ornithorynchus, the missing link between the bird and the beast."

NEW VIGOR FOR BAD BACKS.

How to Make a Weak Back Better.

Women who suffer with backache, bearing-down pain, dizziness, constant dull, tired feelings, will find hope in the advice of Mrs. M. Working, 315



Fulton Ave., Rochester, Ind., who says: "I suffered everything with pain in the back, too frequent passages of the kidney secretions, swelling of the ankles and joints and a general feeling of weakness. I used about everything said to be good for kidney trouble, but Doan's Kidney Pills brought me the first real help, and three boxes cured me."

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

British capitalists have applied to the Turkish government for a concession covering the oil fields of Bagdad and Mosul.

CHILD ATE CUTICURA.

Spread Whole Box of It on Crackers—Not the Least Injury Resulted—Thus Proven Pure and Sweet.

A New York friend of Cuticura writes:

"My three year old son and heir, after being put to bed on a trip across the Atlantic, investigated the stateroom and located a box of graham crackers and a box of Cuticura Ointment. When a search was made for the box, it was found empty and the kid admitted that he had eaten the contents of the entire box spread on the crackers. It cured him of a bad cold and I don't know what else."

No more conclusive evidence could be offered that every ingredient of Cuticura Ointment is absolutely pure, sweet and harmless. If it may be safely eaten by a young child, none but the most beneficial results can be expected to attend its application to even the tenderest skin or youngest infant. Potter Drug & Chem. Corp., Sole Props. of Cuticura Remedies, Boston.

Telephone Cure for Obesity.

"Pseudo-science!" said Nikola Tesla, at a dinner of electricians, apropos of an electrical cure for old age. "To a layman," Mr. Tesla resumed, "such a cure sounds reasonable. But to a scientist it is as ridiculous as the telephone cure for corpulence. You have heard of that? No?"

"Well, Herbert Heavey, weighing 285 pounds, decided to reduce electrically. He wrapped a coil of copper wire round his wrist, connected it with the telephone apparatus, and, sure enough, began at once to grow lighter at the rate of several pounds a minute.

"This is a grand scheme," chuckled Heavey, pulling out the waistband of his trousers, which was already a foot too big for his waist.

"Then, suddenly, the telephone bell rang.

"Is that Herbert Heavey? a gruff voice asked.

"Yes," was the reply.

"Well, this is the exchange," snapped the voice. "Will you please stop frying scrapple with the telephone wires? Our office is all full of nasty fat!"

A Choice of Evils.

Landlady—Would you advise me to send my daughter to a cooking school or to a music school?

Boarder (reflectively)—Well, I think I'd send her to a cooking school. It may be more fatal in its results, but it isn't anything like so noisy.

SISTER'S TRICK.

But It All Came Out Right. How a sister played a trick that brought rosy health to a coffee fiend is an interesting tale:

"I was a coffee fiend—a trembling, nervous, physical wreck, yet clinging to the poison that stole away my strength. I mocked at Postum and would have none of it.

"One day my sister substituted a cup of piping hot Postum for my morning cup of coffee but did not tell me what it was. I noticed the richness of it and remarked that the coffee tasted fine, but my sister did not tell me I was drinking Postum for fear I might not take any more.

"She kept the secret and kept giving me Postum instead of coffee until I grew stronger, more tireless, got a better color in my sallow cheeks and a clearness to my eye, then she told me of the health-giving, nerve-strengthening life-saver she had given me in place of my morning coffee. From that time I became a disciple of Postum and no words can do justice in telling the good this cereal drink did me. I will not try to tell it, for only after having used it can one be convinced of its merits."

Ten days' trial shows Postum's power to rebuild what coffee has destroyed. "There's a reason."

Look in pkgs. for the famous little book, "The Road to Wellville."

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